Mrs. Fryer's Loose Leaf Cook Book

THE LIBRARY
OF
THE UNIVERSITY
OF CALIFORNIA

THE GASTRONOMY COLLECTION OF
GEORGE HOLL

AGRIC.
LIBRARY

2
1

TIME TABLES

BOILING

Beef, fresh	per lb.,	30 min.
Beef, corned	" "	25–30 "
Mutton	" "	15 "
Ham	" "	20–30 "
Chicken	" "	15 "
Turkey	" "	15 "
Fowl	" "	20–30 "
Halibut	" "	20 "
Salmon	" "	20 "
Bluefish and Bass	" "	15 "
Small Fish	" "	10 "

BROILING

Steak, 1 inch thick	5– 8 min.
Steak, 1½ inches thick	8–15 "
Steak, 2 inches thick	15–20 "
Mutton Chops	8–10 "
Chicken	20–30 "
Quail	8–10 "
Squabs	10–15 "
Fish, thick	15–25 "
Fish, thin	10–15 "

BAKING

Bread	45–60 min.
Biscuits and Rolls	10–20 "
Gems	15–25 "
Boston Brown Bread	3 hrs.
Corn Bread	30 min.
Gingerbread	20–30 "
Sponge Cake	15–60 "
Plain Cake	30–60 "
Fruit Cake	2– 3 hrs.
Cookies	10–15 min.
Small Cakes	15–20 "
Pies	30–45 "

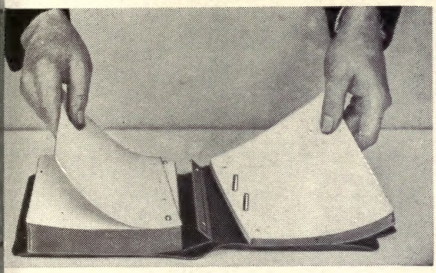
ROASTING or BAKING

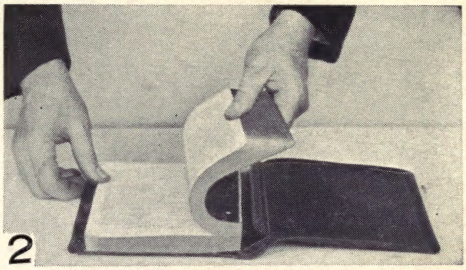
Beef, rare	per lb.,	8–10 min.
Beef, well done	" "	15 "
Beef, fillet	entire time,	40–60 "
Veal	per lb.,	25–30 min.
Lamb	" "	15 "
Mutton	" "	10–15 "
Pork	" "	30 "
Venison	" "	15 "
Chicken	" "	15 "
Fowl	" "	20–30 "
Duck, tame	entire time,	40–60 "
Duck, wild	" "	15–30 "
Goose	per lb.,	18 min.
Turkey	" "	15 "
Partridges	entire time,	30–40 "
Pigeons	" "	30 "
Small birds	" "	10–15 "
Large fish	" "	60 "
Small fish	" "	20–30 "

VEGETABLES

Asparagus	15–30 min.
Beet greens	30–60 "
Beets	1– 4 hrs.
Brussels Sprouts	15–20 min.
Cabbage	25–60 "
Carrots	60–90 "
Cauliflower	20–30 "
Celery	20–30 "
Corn	10–20 "
Dandelions	60 "
Kale	30–50 "
Lettuce	10–15 "
Lima beans	45–60 "
Onions	30–60 "
Parsnips	35–50 "
Peas	20–60 "
Potatoes, sweet	15–25 "
Potatoes, white	20–35 "
Salsify	30 "
Spinach	20–30 "
Squash	30 "
String beans	60–90 "
Tomatoes	20–30 "
Turnips	1– 3 hrs.

Is a Matter of Only a Few Seconds to Insert Pages
MRS. FRYER'S LOOSE-LEAF COOK BOOK

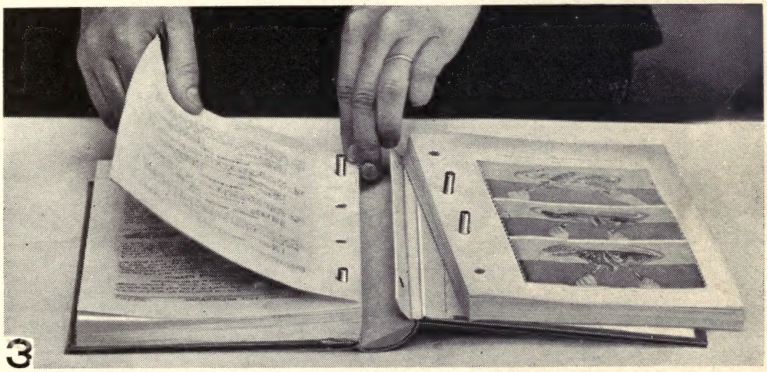




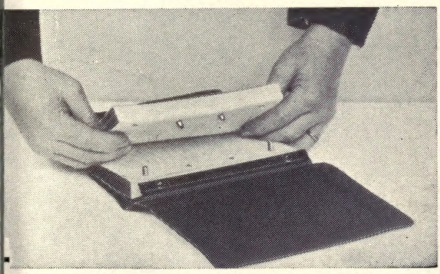
a. Take out screws.

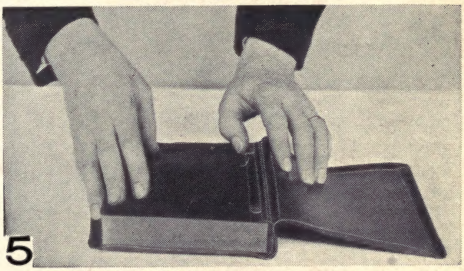
b. Turn to the end of the pages of writing paper in the front of the book—take out one or more leaves that you may wish to use (Illustration No. 1)—put the balance back in place. The leaves taken out can be written upon separate from the Cook Book if desired.

c. Turn to the place in Cook Book where you want to insert the leaf (Illustration No. 2) and lift the upper portion from the screw posts. These pages containing personal recipes or memoranda can be inserted between the printed pages of the Cook Book under the subject to which it refers.



d. Insert the sheet of writing paper on the screw posts (Illustration No. 3). It will be seen that the pages cannot scatter and that all the pages are held in alignment.





e. Replace the upper portion of the book (Illustration No. 4). As the leaves are all held in alignment, they readily slip into place.

f. As the screws extend a trifle beyond the metal strip in the binder, a rub of the thumb on the milled edge puts the screws securely in place (Illustration No. 5). The pages are then locked tight and cannot tear out.

Pages in addition to those furnished with the Cook Book can be added. The binder provides for extension and so long as the screws are tight the pages will always be locked tight.

Additional writing paper leaves in packages of 50 sheets and punched ready for use can be obtained from booksellers or the publishers at 25 cents per package.

HE COLORED SHEET FOLLOWING THE BLANK LEAVES MARKS WHERE COOK BOOK BEGINS

Digitized by the Internet Archive
in 2006 with funding from
Microsoft Corporation

http://www.archive.org/details/mrsfryersloosele00fryerich

SUGGESTIONS FOR AFTERNOON TEA

MRS. FRYER'S *LOOSE-LEAF* COOK BOOK

A COMPLETE COOK BOOK GIVING ECONOMICAL RECIPES PLANNED TO MEET THE NEEDS OF THE MODERN HOUSEKEEPER

INCLUDING CHAPTERS ON

BALANCED RATIONS

ENTERTAINING SCHOOL LUNCHES

DIET FOR WEIGHT CONTROL, ETC.

ARRANGED BY

JANE EAYRE FRYER

INSTRUCTOR OF DOMESTIC SCIENCE

Author of The Mary Frances Story-Instruction Books

WITH BLANK PAGES FOR PRESERVING PERSONAL RECIPES AND MEMORANDA, WHICH CAN BE INSERTED IN ANY PART OF THE BOOK UNDER THE SUBJECTS TO WHICH THEY REFER

Illustrated

THE JOHN C. WINSTON COMPANY

CHICAGO PHILADELPHIA TORONTO

Copyright, 1922, by
THE JOHN C. WINSTON COMPANY
PRINTED IN U. S. A.

TX715
F88
AGRIC.
LIBRARY

THE HOUSEWIFE

Strength and honor are her clothing;
And she shall rejoice in time to come.

She openeth her mouth with wisdom;
And in her tongue is the law of kindness.

She looketh well to the ways of her household,
And eateth not the bread of idleness.

Her children arise up, and call her blessed;
Her husband also, and he praiseth her, saying:

Many daughters have done virtuously,
But thou excellest them all.

—PROVERBS XXXI, 25–29.

M361500

COOKING means the knowledge of Medea, and of Circe, and of Calypso, and of Helen, and of Rebekah, and of the Queen of Sheba. It means the knowledge of all herbs, and fruits, and balms, and spices; and of all that is healing and sweet in fields and groves, and savory in meats; it means carefulness, and inventiveness, and watchfulness, and willingness, and readiness of appliance; it means the economy of your great-grandmothers and the science of modern chemists; it means much tasting, and no wasting; it means English thoroughness, and French art, and Arabian hospitality; it means, in fine, that you are to be perfectly and always, ladies (loaf givers); and, as you are to see, imperatively, that everybody has something pretty to put on, so you are to see, yet more imperatively, that everybody has something good to eat.

—RUSKIN: *Ethics of the Dust.*

PREFACE

THE lively and intense interest now displayed everywhere in the art of cookery, which is at once the most ancient and the most modern of the arts, marks such an advance over the pioneer days of domestic science as only a teacher of that subject, or an experienced housekeeper who has kept step with the march of progress, can fully appreciate. The increasing knowledge of food materials and the work they perform in the body, the constant study of the principles of nutrition and of the causes of malnutrition, the many inventions and labor-saving devices of the present-day kitchen, the eagerness to try new methods and the willingness to adopt them when proved to be better, the desire to work with intelligence rather than by "the rule of thumb"—all these are signs of the times indicating that domestic science is assuming an importance in our social fabric which augurs well for the future health and happiness of the American home. For those who wish to understand the "whys" of cookery—and who does not?—it is believed that the chapters in this book treating of the principles of cookery, the balanced ration, diet for weight control, school lunches, and kindred topics, will be found especially helpful.

As to the recipes themselves, they have stood the tests of experiment and experience, and unless too many liberties are taken with them, they will bring the success every cook desires. They are as economical as consistent with wise selection and the variety which is the spice of appetite; and are planned for a family of four, because four seems to be the average number today. They can readily be divided by two for a family of two; multiplied by three-fourths for a family of three; multiplied by one-and-a-half for a family of six; or doubled for a family of eight. Some articles, like cakes, will serve more than four, but they will keep for several days, and are better made by the four-in-family measure.

PREFACE

Every home-loving woman loves new recipes, and gathers them from all sources, begging them from friends, clipping them from magazines and newspapers, and pigeon-holing them in her kitchen cabinet or her desk for future use—too often having the vexatious experience of being unable to trace their whereabouts when wanted; or she places them between the pages of her cook book, until the overstrained binding, having reached the limit of endurance, bursts, and—but who need be told? The Invisible Loose-Leaf Binding Device has made the Loose-Leaf Cook Book possible, and it brings to you a method of keeping your cook book up to date. As the binding device admits of extension, memoranda and personal recipes can be added at pleasure, so that your cook book will become increasingly valuable as a record of your own housekeeping experience.

Acknowledgment is here made of the able assistance of Miss Helen Cramp, and of Miss Ada Z. Fish, in the preparation of the recipes; and of the kindness of other friends who have contributed their favorite recipes; especially of the courtesy of *The Ladies' Home Journal* for the use of illustrations which originally appeared in the pages of that magazine. The data and tables in regard to food values in this book are based chiefly on material furnished by the very helpful and instructive publications issued from time to time by the United States Government.

CONTENTS

PAGE

THE PRINCIPLES OF COOKERY 1

The Human Engine—Food as Fuel; Other Uses—Wise Selection of Foods—Table of Food Nutrients—Purpose of Cooking—Different Methods of Cooking—Marketing and Economy.

ENTERTAINING 9

Invitations—The Formal Dinner Party—Introductions—Seating the Guests—Menu-Making—Menus for Different Occasions—Hints on Serving—The Informal Dinner—Afternoon Tea—The Evening Collation.

APPETIZERS 21

Their Place and Purpose.

SOUPS 27

Food Values—Soup Stocks: Meat, Vegetable, Cream—Chowders—Soup Accompaniments.

FISH 43

Nutritive Value—General Classification—How to Clean.

MEATS 55

Food Values—Methods of Cooking—Kinds and Cuts: Beef, Veal, Mutton, Pork—Combinations for Menu-Making.

POULTRY AND GAME 81

Value as Food—How to Select—To Dress Poultry—Remarks on Game.

FORCEMEATS, STUFFINGS, ETC 91

Their Uses.

SAUCES 97

Why Valuable—"*Roux*," or Foundation—Suitable Sauces to Serve with Meat, Fish, Vegetables.

CONTENTS

PAGE

EGGS 107
High Food Value—Principle of Cooking Albumen.

MEAT SUBSTITUTES 117
Reasons for Lessening the Use of Meats—Protein Needs of the Body—Dinner Menus Without Meat.

LEFT-OVERS 129
Their Use and Economy.

VEGETABLES 135
Classification and Food Values.

ENTRÉES 157
Their Economy and Attractiveness.

SALADS 165
Their Hygienic Value—Flavored Vinegars.

PUDDINGS AND DESSERTS 179
The Right Selection.

FROZEN DESSERTS 201
Directions for Freezing.

SWEET SAUCES 213
Ways to Use.

BREAD, HOT CAKES, ETC. 219
Bread-Making—How to Select Flour—Yeast Breads—General Directions—Kneading—Patent Mixers—Baking, Oven Temperature—Action of Yeast—Action of Baking Powder—Quick Bread—Hot Cakes—Recipe Proportions.

CAKES 251
General Classes: Sponge or Butterless; Butter Cakes—Mixing—Baking—Frostings, Plain and Ornamental—Use of Pastry Bag Illustrated.

PASTRY AND PIES 275
Remarks on Digestibility—Baking—Puff-Paste—Half Puff-Paste—Plain Paste.

CONTENTS

PAGE

SANDWICHES AND SAVORIES 285
Their Varied Uses.

CEREALS 293
Their Place in the Diet—Methods of Preparing.

CANDY 299
Its Use and Abuse—Foundation Fondant.

FRUIT 309
Dietetic Value.

CANNING AND PRESERVING 315
Principles Involved—The Cold-Pack Method—Hot-Water Bath—Water-Seal—Steam Pressure—Utensils—Preparation—Definition of Terms—Blanching—Cold Dipping—Packing—Processing—Vegetables—Fruits—Syrups—Time Table for Blanching and Sterilizing—Open Kettle Method—General Directions—Preserving Fruit—Jelly-Making—Marmalade.

PICKLES AND CATSUPS 337
Their Purpose.

BEVERAGES 343
Coffee, Tea, Cocoa: Their Physiological Effect—Coffee Substitutes—Fruit Drinks.

INVALID COOKERY 351
Rules to Remember.

FIRELESS COOKERY 361
A Boon to the Housewife—Scientific Principles—Different Kinds of Equipment—Plain Cookers—Steam Pressure—The Automatic Electric Oven.

CHAFING-DISH COOKERY 395
Different Kinds of Chafing Dishes—Electric Equipment.

CASSEROLE COOKERY 407
A Word about French Cooking—Advantages of Using—Different Kinds.

CONTENTS

PAGE

SIMPLE MENUS FOR A WEEK'S MEALS 414, 432

BALANCED RATIONS 415

Principles of Nutrition—Calories—Food Groups and their Uses—Vitamins—Daily Energy Requirement—Table of Daily and Weekly Energy Needs—A Week's Food Supply—How to Estimate Food Values—Rules for Balancing Diet—A Week's Menu—Hundred-Calorie Portions in Common Foods.

DIET FOR WEIGHT CONTROL 435

Causes of Overweight—Curing One's Self—Foods to Avoid—What to Eat—Exercise. How to Add Weight—Foods to Avoid—What to Eat—Rest—Tables of Height, Weight, Age.

SCHOOL LUNCHES 443

Diet for the School Child—Staple Requirements—Desserts—Home Lunches—Basket Lunches—The School Lunch Room: Bills of Fare—Tables of Height, Weight, Age.

TIME TABLES FOR COOKING ..... (Inside front cover)

WEIGHTS AND MEASURES ..... (Inside back cover)

INDEX 453

ILLUSTRATIONS

Suggestions for Afternoon Tea (*Color Plate*) . . . . *Frontispiece*

PAGE

Proper Arrangement of Table 14
Buffet Supper for an Evening Company (*Color Plate*) . . 20
Sole, Cod, Flounder 48
How to Split and Dress Lobster 52
Carving (Beef) 62
Carving (Mutton) 74
Left-Overs 132
Entrées 162
Banana Dainty, Almonds with Eggs 190
Raised with Compressed Yeast 224
Fresh from the Oven (*Color Plate*) 234
How to Use a Pastry Tube 272
How to Make Pastry 282
A Well-Equipped Kitchen (*Color Plate*) 314
Fireless Cooker and Dishes Prepared by Fireless Method 370
Dainty Luncheon en Casserole 410
A Week's Supply of Milk, Meat and Similar Foods for an Average Family 426
A Week's Supply of Fats and Fat Foods for an Average Family 426
A Week's Supply of Cereal Foods for an Average Family 428
A Week's Supply of Sugar and Other Sweets for an Average Family 428
A Week's Supply of Vegetables and Fruits for an Average Family 432
Counting the Cost of a Week's Food Supply 432

PRINCIPLES OF COOKERY

The knowledge of science which is attainable by mere reading, though infinitely better than ignorance, is knowledge of a very different kind from that which arises from direct contact with fact.

—HUXLEY.

The cook holds the balance of power, and ofttimes sways destinies: the overthrow of Grease, the downfall of China, the dividing of Turkey —what cook has not accomplished all of these in one short lifetime?

—*Fables of a Rolling-Pin.*

PRINCIPLES OF COOKERY

IN the days of our grandmothers, a woman who knew how to tempt the appetite with the richest and newest viands was accounted a good cook; but today the cook who deserves such a happy title must not only know how to appeal to the appetite, she must also understand what the human body needs, what foods are best adapted to its use, and how to prepare these foods in kind and quantity to meet its requirements.

The cook who understands these things and does them is entitled to be called a good cook in the truest sense of the term. She realizes that health depends upon the food eaten, and that upon her shoulders, or rather in her hands, rests the welfare of her family and the nation; and she willingly assumes this responsibility, knowing well what she is about.

A serious matter then, is the planning of a day's meals; and scientists, realizing its importance, have in recent years devoted many hours of study and experiment to the principles of nutrition and nutritive food values.

The Human Engine.—The body has often been called a living engine, for it performs work and generates power. In other words, it is a living machine. All engines are run by the use of some kind of fuel. Coal, wood, gasoline and other substances are constantly fed to mechanical engines. Each type requires its own particular kind of fuel. In order to do its work properly, the human engine requires the right kind of fuel just as does any other engine.

Food as Fuel; Other Uses.—Food then is required by the body to supply heat and energy; but fuel foods are not the only kind required by the living mechanism, for the body is able to do what no man-made device is able to accomplish. When the parts

become worn out, the living system uses food to repair the wasted tissues and bony structure. Not only can the body do this; but that it uses food for growth is constantly manifest in the development of children. Therefore, tissue-building or repair foods are required as well as fuel foods.

Wise Selection of Foods.—It is very evident, therefore, that the person who plans the meals for the family should understand how to select wisely the foods which supply the needs of the human mechanism. Foods are grouped according to their nutritive uses into the following classes: Proteins, Fats, Carbohydrates, Mineral Matters.

Table of Food Nutrients

- **Food as Purchased Contains**
  - **Edible Portion**..... *e. g.*, flesh of meat, yolk and white of eggs, wheat, flour, etc.
    - Water.
    - Nutrients
      - Protein.
      - Fats.
      - Carbohydrates.
      - Mineral matters.
  - **Refuse.** *e. g.*, bones, entrails, shells, bran, etc.

Uses of Nutrients in the Body.

Protein..... *e. g.*, white (albumen) of eggs, curd (casein) of milk, lean meat, gluten of wheat, etc.	Builds and repairs tissue.	All serve as fuel to yield energy in the forms of heat and muscular power.
Fats..... *e. g.*, fat of meat, butter, olive oil, oils of corn and wheat, etc.	Are stored as fat.....	
Carbohydrates..... *e. g.*, sugar, starch, etc.	Are transformed into fat.	
Mineral Matters (ash) *e. g.*, phosphates of lime, potash, soda, etc.	Share in forming bone, assist in digestion, etc.	

The Proteins form tissue and muscle for growth and repair. They are found in lean meat, white of eggs, gluten of wheat, curd of milk, beans, peas, etc.

The Fats are either used as fuel foods or stored as fat. Examples are the fat of meats; the oils of corn, peanut, and olive, etc.

The Carbohydrates, such as starch and sugar, are fuel foods.

All three of the above, Protein, Fats, and Carbohydrates, serve as fuel to yield energy in the forms of heat and muscular power.

The Mineral Matters (ash) share in forming bone and in acting as body regulators. They are found in fruits and in many vegetables.

Water enters every tissue, regulates body temperature, and aids in the work accomplished by all other foods.

In planning a day's meals, fuel foods, growth-and-repair foods, and mineral matters should be provided in correct proportion. This subject is further discussed in the chapter on Balanced Rations.

Purpose of Cooking.—The purpose of cooking foods is threefold: to increase their nutritive value and render them more digestible; to develop their flavors; and to safeguard health by destroying germs and parasites.

Many vegetables are indigestible if uncooked; this is not only because their coarse cellular structure must be softened by cooking, but because most vegetables are made up largely of starch; and starch in its raw state cannot be appropriated by the body. Witness the pain caused by eating green apples, due to the presence of uncooked starch. In the case of the ripe fruit, the starch has been partially cooked by the heat of the sun's rays. Exposure to heat, as in boiling, causes the starch grains to swell and burst the hard outer coverings in which they are enclosed. The starches thus softened and released are converted during the digestive process into sugar, which the body so readily appropriates.

If the starch grains are subjected to a greater degree of heat, as in baking, a greater—a chemical change—takes place which approaches the changes made during the process of digestion. For this reason, toasted and twice-baked breads are easily assimilated.

It follows, therefore, that starchy foods *require thorough* cooking. This does not mean, however, that all foods should be made very soft, nor that they should be predigested. The digestive system of a healthy person likes to do its own work, and both desires and requires a certain amount of bulk. This much-needed bulk is largely supplied by the cellulose, or fibre-structure of vegetables, which has no nutritive value in itself, but has great mechanical value. In some forms it is not too coarse to be used uncooked, as in lettuce and celery; but as found in potatoes, the cereal grains, and in other combinations with starches, it needs to be softened by the cooking which renders the starch digestible.

Cooking develops and intensifies the flavors which render food more appetizing, and therefore more digestible. This is particularly true of meats. Cooking also serves to destroy germs and parasites; and, in the case of meats, to break down their heavy muscular fibres and tough connective tissues.

Albuminous Foods should be cooked at a low temperature. This refers principally to meats and eggs. Meats belong to the protein group of food, and contain much fibrin which closely resembles albumen. The simplest form of albumen is seen in the white of an egg. Heat hardens albumen, long exposure to intense heat rendering it almost insoluble, and therefore indigestible. For this reason eggs should be cooked at a low temperature; soups and broths likewise to extract the full flavor of the juices. Baked and roasted meats should first be exposed to intense heat, to sear the surface and thus prevent the rich juices from escaping. After a coating is formed, the balance of the cooking should be done at a low temperature.

These two principles, thorough cooking for starchy foods, and low temperature for albuminous foods, are a key to the reasons for the various methods given in the chapters that follow.

Different Methods of Cooking.—Foods are cooked in their own juices, or by the use of water, or by the use of fats.

Roasting, baking, broiling, and pan-broiling are examples of cooking foods in their own juices.

Roasting, which means cooking before a clear open fire with exposure to air, has practically gone out of use with the passing of the open fireplace for cooking, although gauze-door ovens are a substitute. By roasting, the flavor is better developed, and the juices are better retained than by any other method of cooking meats.

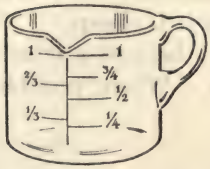
Baking, which means cooking in a closed oven, has largely taken the place of roasting.

Broiling, or cooking on a grill over glowing coals, or exposed to gas flames, is the nearest to roasting of the methods of cooking now employed. Pan-broiling is cooking in a sauté pan or spider without the use of either water or fat.

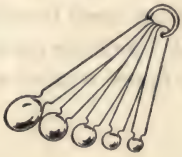
Boiling, stewing, braising, and fricasseeing are various methods of cooking by use of water, and are explained in the chapter on "Meats," page 59.

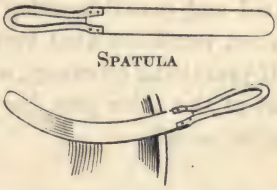
Frying and *sautéing*, methods of cooking by the use of fats or oils, are also explained on page 60.

Measurements.—On the last page of this book will be found tables of weights and measures. The standard measuring cup holds one-half pint, and *all measurements are level.* Fill measures more than full, then draw a knife across the top to level. Just as a skilled workman enjoys using good tools, so the good and intelligent cook enjoys having a well-equipped kitchen work-room. There is not only inspiration for the cook in such inexpensive conveniences as the transparent glass measuring cup, the handy nest of measuring spoons, the flexible kitchen spatula, the copper wire dish mop, the revolving egg-beater, and the potato-ricer,



Glass Measuring Cup


Nest of Spoons


Spatula

Using Spatula to Scrape a Bowl

but they have an additional value in stirring the intellectual curiosity of the younger members of the household, who absorb from these workman-like tools a new respect for the art of cookery, and not unfrequently manifest a desire to learn to use them.

Marketing and Economy.—The wise housekeeper does not market over the telephone except in emergency, but goes to the market herself. Her aim is to provide the food which her family needs; and to get the best returns for the money she spends. In order to provide the right kind and amount of food, she has made a study of foods, and of balanced rations; and in order to get the best returns for the money expended, she selects in person the food required, for she knows that the price she pays is no test of the nourishment the food will yield. The scarce article is not necessarily the article to be most desired. Strawberries on the table with snow on the windows are surely an extravagance. The expensive cuts of meat are expensive because there are only a few of them in each animal. Cheaper cuts, if cooked skilfully, yield as much nutriment, and will be fully as much relished. But it would be unwise to pay more for fuel for cooking a tougher cut of meat than was saved in the difference in the purchase price. The fireless and steam cookers have practically solved this problem. No kitchen should be without one. In the use of the less tender ends of meat, and for "left-overs," a meat grinder is one of the best means of economy.

It is often a foolish pride which prevents a housekeeper from saving. Get what you ask for. Do not accept substitutes. Help the Government Pure Food Laws by observing labels. These laws are a wonderful advance in bettering conditions. Keep a pad and pencil hanging in the kitchen for market memoranda. Do not purchase what you do not need because it is cheap.

If practicing economy, avoid "package goods" because a goodly part of the price goes for the fancy wrappings. Where possible, buy by weight.

ENTERTAINING

Hospitality—the pleasant practice of entertaining friends and strangers with kindness and liberality.

—*The Hostess.*

ENTERTAINING

THE most formal of social functions is the formal dinner. The dignity of the occasion demands that everything be correct, the invitations issued long in advance, and the courses many and elaborate, as befitting the ceremonious affair. It is to be doubted if either guest or hostess finds the formal dinner comparable in enjoyment with the little, or informal dinner, for in this the true spirit of hospitality seeks its opportunity to charm. The courses are few as compared with the formal dinner, and all details have been thought out by the hostess with a consideration for the personality of her guests.

The formal luncheon and the less formal breakfast differ similarly; although, of course, no luncheon is as ceremonious as the formal dinner. The most approved hour for the breakfast party is twelve o'clock, but it is sometimes placed as early as ten or eleven; and it may be said that this pleasing manner of gathering friends about one especially recommends itself in the summer time, when elaborate affairs are less attractive than in the cooler seasons.

Afternoon tea is continually becoming more popular, and for good reason. From its very simplicity, it is no tax on the hostess, and is a most welcome and restful break in the "busy-ness" of a busy day. At an "At Home" day, which may be a set day and hour at intervals throughout several weeks, a hostess receives many of her friends at one time, and although she owes each guest a call in return, she has the pleasure and satisfaction of being "in" when her friends call.

The evening reception may be an elaborate affair, if the occasion requires; but in its best estate it is a simple, informal way of introducing a pleasant visitor to one's circle of friends, or of honoring a noted musician, author, or other celebrity.

INVITATIONS

As has been said, the dinner takes first rank among general entertainments and usually involves more or less formality. Invitations are sent out at least two weeks in advance, and should be answered immediately. The formal invitation is engraved; the guest's name, hour and date written in by hand.

Mr. and Mrs. Henry B. Anderson
request the pleasure of
Mr. and Mrs. James Brown's
company at dinner
on Wednesday, April the fourteenth
at eight o'clock.

12 West Burton Place,
March the thirty-first.

For a less formal dinner a note in the first person may be sent:

My dear Mrs. Brown:

Will you and Mr. Brown dine with us informally on Thursday evening, January the eighteenth, at eight o'clock?

Sincerely yours,
Elizabeth Smith Anderson.

12 West Burton Place,
January the fourth.

The dinner in this case may be quite as formal as that for which the third-person invitation was sent, and evening dress is required.

For a very informal little dinner an unconventional note is sent a week or less before the date set; and dinner dress is not required.

Invitations to luncheon are similar to those used for dinner, although, as the affair is generally less formal, the engraved invitation is much less frequently used.

Invitations for afternoon or evening occasions vary according to the number of guests and the degree of formality. For small, informal affairs the hostess simply uses her visiting card (or one engraved a trifle larger), writing in the lower left-hand corner, "Cards," "Musicale," or whatever the entertainment is to be,

and under it the date and hour. She may write under her own name, "To meet Miss Mary Jones" if the entertainment is given in honor of Miss Jones. Often, however, the cordial little note of invitation is preferred by many, perhaps because it carries a more direct and personal appeal. It is a subtle compliment, sometimes well calculated to make a diffident invited guest feel that she is really wanted.

The Formal Dinner Party

For the large dinner party, guests are expected to arrive at the hour appointed, and courtesy does not demand that the hostess wait more than fifteen minutes for a tardy guest.

Each gentleman finds on a tray in the dressing-room a small addressed envelope containing a card on which is written the name of the lady whom he is to escort to dinner, and "R" or "L" in one corner to indicate on which side of the table they are to sit. If he does not know the lady, the hostess should see that he is presented to her.

Introductions

The hostess stands near the door and receives the guests, making such introductions as are convenient. In general, the "roof introduction" is considered sufficient—especially at large dinners. Introductions, however, should be given wherever possible, for they make intercourse among one's guests easier.

On the other hand, it is not considered good form for a hostess to interrupt a conversation between guests for the purpose of making an introduction, or to introduce a guest upon his entrance to more than one other at a time.

In making introductions the names should be pronounced as distinctly as possible; nothing is more discourteous to one's guests than a muttered introduction. A certain deference is to be observed in regard to sex, age, and office or public position. The gentleman is always presented to the lady, the usual form being, "Mrs. Brown, allow me to present Mr. Smith: Mr. Smith, Mrs. Brown." In introducing two women, either may be presented to the other, unless the difference in their ages is very evident, in which case the younger should be presented to the older. With regard to office or station, the presentation is made to the distinguished guest, thus: "Governor Clark, allow me to present Mr. Newton: Mr. Newton, Governor Clark." The

exact words used in introductions are immaterial, so that the proper order is preserved. Where sex, age, and position play no part, it is sufficient to say "Mrs. Bell, this is Mrs. Adams: Mrs. Adams, Mrs. Bell"; or, in the case of two men, "Mr. Grant, Mr. Wilson."

The tactful hostess usually adds to an introduction some remark which will enable the guests to converse more readily. She may say, for instance, "Mrs. Brown, allow me to present Mrs. Smith; Mrs. Smith has just returned from London"; or "Mrs. Smith, this is Mrs. Brown; two such ardent club women should know each other." There are very few persons who will not be grateful for some such hint.

Seating the Guests

The servant watches the number of guests, and when all have arrived announces dinner; or in case of a belated guest, he waits for a signal from the hostess. When dinner is announced the host offers his right arm to the lady who is to sit at his right. The other couples follow; then, last, the hostess with the gentleman who is to sit at her right.

Guests are enabled to find their places easily by means of "place cards," on which the name of each guest is distinctly written. Confusion in seating the guests is thus avoided, and those who are congenial can be placed near each other.

The host and hostess may sit at the ends of the table or in the middle of each side. The lady who is to be especially honored sits on the host's right, she who is to be honored next, on his left. Similarly, two gentlemen are honored by seats on the right and left of the hostess.

The hostess should, as far as possible, bring together only guests who "mix well," and should select the dinner partners tactfully. Two very quiet people should not be seated together, or two who have very decided opinions, or two who are known to be uncongenial. The dinner should be a feast of good things other than food, and conversation should be as entertaining as possible. Upon host and hostess, of course, devolves the duty of keeping conversation alive, though the guests are expected to do their part. Many a hostess has saved the day by a *bon mot* or a tactful change of subject. Some women are born hostesses, most women can be made, or rather can make themselves, successful hostesses. The chief essentials are tact, which is the saving grace of women, the ability to be interested in many things, and true kindliness.

For a Breakfast

For a Luncheon

For a Formal Dinner

PROPER ARRANGEMENT OF TABLE

Courtesy, after all—that is, true courtesy—is a matter of the heart, and is not dependent upon a knowledge of social usages. Some women, notably poor conversationalists, are still very charming hostesses. In them thoughtfulness and tact make up for lack of brilliancy.

For the sake of her own peace of mind, however, the hostess should leave nothing to chance. All should be carefully planned beforehand, the servants properly instructed, and everything in readiness before the guests arrive, so that the dinner may proceed with the smoothness of clockwork, with the hostess as free from care as the guests at her own table.

Menu-Making

In arranging the menu too much should not be attempted and each course should be in pleasing contrast to the last. Except for a very elaborate dinner, raw oysters, a clear soup, fish, one entrée, a roast with potatoes and one other vegetable, salad with cheese straws or crackers and cheese, an ice, fruit and black coffee should be sufficient. Butter is seldom served except at the informal dinner.

OUTLINE MENU FOR FULL COURSE DINNER

Shellfish ("Appetizer")—on ice with lemon—light oyster crackers.

Clear Soup—in soup plates, half full—thick slices of bread or roll folded in the napkin.

Hors d'œuvres ("Relishes")—olives, celery, radishes, etc., passed after soup is served.

Fish—with appropriate sauce, potato balls and cucumbers if possible.

Entrée—patties, timbale of chicken, or creamed dishes in paper cases (bread passed).

Meat—with appropriate sauce, jelly, potatoes, one vegetable with fruit. (Sherbet, or "punch," may be served as a course.)

Game, or Young Poultry—served whole if small; others in halves or slices; varying accompaniments.

Salad—(usually vegetable) served with the game—may be accompanied with Brie, Roquefort, or cream cheese and crackers. (Salad and cheese sticks may be served in place of game.)

Hot Pudding—with sauce.

Glacé—ice, ice cream or frozen dessert—with sweet wafers.

Dessert—nuts, fruits, bonbons, crackers, cheese.

Coffee—black, served with sugar alone. (Café noir.)

COMPLETE MENU

Wafers — Blue Points — Horseradish
Consommé
Olives — Celery — Salted Almonds
Baked Fillets of Halibut, Hollandaise Sauce
Potato Balls — Cucumbers
Chicken Timbales
Spring Lamb
Mint Sauce — New Potatoes in Cream — Asparagus Tips
Orange Pekoe Sherbet
Roasted Grouse — Lettuce, French Dressing
Plum Pudding, Lemon Sauce
Maple Mousse — Sweet Wafers
Fruit — Roquefort Cheese — Nuts — Bonbons
Café Noir

A LITTLE DINNER MENU

Anchovy Canapés
Consommé
Roast Duck with Brown Sauce
Creamed Celery — Baked Sweet Potatoes
Crackers — Stuffed Olives
Fruit and Nut Salad
Cream Cheese
Ice Cream
Coffee

A LUNCHEON MENU

Mixed Fruit Cocktail
Tomato Bisque
Baked Fish — Hollandaise Sauce
Creamed Peas — Potato Croquettes
Cucumber Salad
Whipped Jelly
Coffee

SUGGESTIONS FOR LATE BREAKFAST MENUS

Fruit or Fruit Juice — Toast or Muffins or Waffles
Eggs or Light Meat — Salad, Cheese and Wafers
French-fried or Lyonnaise Potatoes — Coffee (in large cups)
Radishes, Olives, Salted Nuts

All of these menus are more or less elaborate. They may be made much more simple by omitting the appetizers and desserts. For a dessert at luncheon, especially where children are served, cocoa with whipped cream is a welcome substitute. As people are learning to appreciate simplicity of diet more and more, there is a tendency to lessen efforts to plan overburdening bills of fare.

HINTS ON SERVING

The table should have its centerpiece of growing ferns or flowers, and two or four candlesticks with wax candles and pretty shades. No edibles, with the exception of bonbons, salted nuts or crystallized fruits in compotiers, appear upon the table. All the china used in the same course should match wherever possible, but a different set of plates is permissible for each course.

A supply of extra silver should be laid out in convenient fashion on the sideboard, and finger-bowls, dessert plates, after-dinner coffee cups and spoons should be in readiness on the side table. Water in the finger-bowls should be warm, with perhaps a dainty flower or a leaf of rose geranium floating on the surface.

1. Food should always be placed before guests from the right.

2. When a dish is presented from which a guest is to help himself, it should be passed to the left.

3. When a course is finished, the plate should be removed from the left.

4. Plates should be before the guests when they take seats at the table, and when one plate is removed it should be immediately replaced by another.

5. At the right of the plate have oyster fork, soup spoon and knives in the order of use, the one first needed farthest from the plate. On the left lay the forks in the order of use, the one first needed farthest from the plate. Let the bowls of the spoons and the tines of the forks be turned upward and the cutting edges of the knives toward the plate. The napkin, simply folded, is placed at the left of the forks and parallel to them with the open corners nearest the guest. A small thick piece of bread or a dinner roll may be laid on the napkin or inserted in the fold. The guest removes the napkin, leaving the bread at the side of the plate until he wishes to eat it.

6. Set the glass for water above the plate near the end of the knife. Each glass should be filled with cracked ice before the water is poured.

7. Before the dessert is served all the plates, small silver, salt

and pepper shakers, and all the glasses that will not be used again, should be removed. Then the table should be "crumbed," using a silver crumb knife and tray or a napkin and plate.

8. Spoons or knives and forks for the sweet course are usually supplied after the table is cleared. Spoons or knives are laid to the right of the plate; forks to the left. If forks only are called for, they are placed at the right.

9. Black coffee in small cups (for which sugar is passed) is the last course, and should precede the finger-bowls unless the coffee is to be served to the ladies in the drawing-room. In that case the finger-bowls should be placed before the ladies leave the table.

10. If the coffee is to be served in the drawing-room the waitress covers a large tray with a white napkin, arranges the filled cups, smoking hot, upon it, and carries it into the room where the guests are assembled. Many hostesses prefer this way of serving.

When there is only one pair of hands to do both cooking and serving, still less formality should be observed. The service plate should be omitted; all the knives and forks to be used should be upon the table, with salts and peppers at the corners of the table, or one for every two persons. Bread-and-butter plates, containing butter-ball, and a small butter knife should be placed at the left of the cover before dinner is announced, and a dinner roll folded into the napkin. Glasses should be filled with ice water and everything needed should be on the side table before the guests are seated. The plates for each course served on the table should be placed in a low pile, not more than three or four at a time, in front of the host or hostess. As each is filled the maid will lift it to her tray, carry and place it before the guest.

Where there is no maid, as is the case in seven-eighths of American homes, the tea-wagon, or "service wagon" may be a most convenient substitute. Upon it, close at the left side of the hostess, may be placed all the extra accessories for the various courses, and it may be used later for carrying soiled dishes into pantry and kitchen.

THE INFORMAL DINNER

The informal dinner, to which only a few guests are invited, is served almost like the formal dinner; but where there is only one waitress it is customary to do much of the serving at the table.

For this simple dinner, soup, a roast, two vegetables, a salad, dessert and coffee amply suffice.

Soup may be served by the hostess from a tureen. The waitress

takes one soup-plate at a time from the sideboard, placing it in front of the hostess; when it is filled she passes it to the guest and brings another. Fish may be served by the host and passed in the same manner as the soup. The roast is carved by the host; but entreés, if included in the menu, are served from the side. Vegetables and sauces should be placed on the side table and passed to each guest when required. The salad may be brought in on individual plates or served on the table by either host or hostess. The dessert is served by the hostess, and the coffee, unless brought in cups from the kitchen, is poured by her. Bonbons and relishes are usually on the table.

AFTERNOON TEA

The serving of afternoon tea with its dainty accompaniment of sandwiches or cake is coming into ever greater popularity, whether at an entertainment to which cards for "Afternoon tea at four o'clock" are sent, or during the customary afternoon calls. In the former case, naturally, the refreshments are usually more elaborate, though in no case should they be heavy, as dinner is so close at hand.

For the small reunion of friends, the tea should be made and served by the hostess in the drawing-room or living-room; or in summer weather, out-of-doors. Simple sandwiches and cakes are served with hot tea, coffee or chocolate; though tea is preferable, because less rich and held by most women in high esteem.

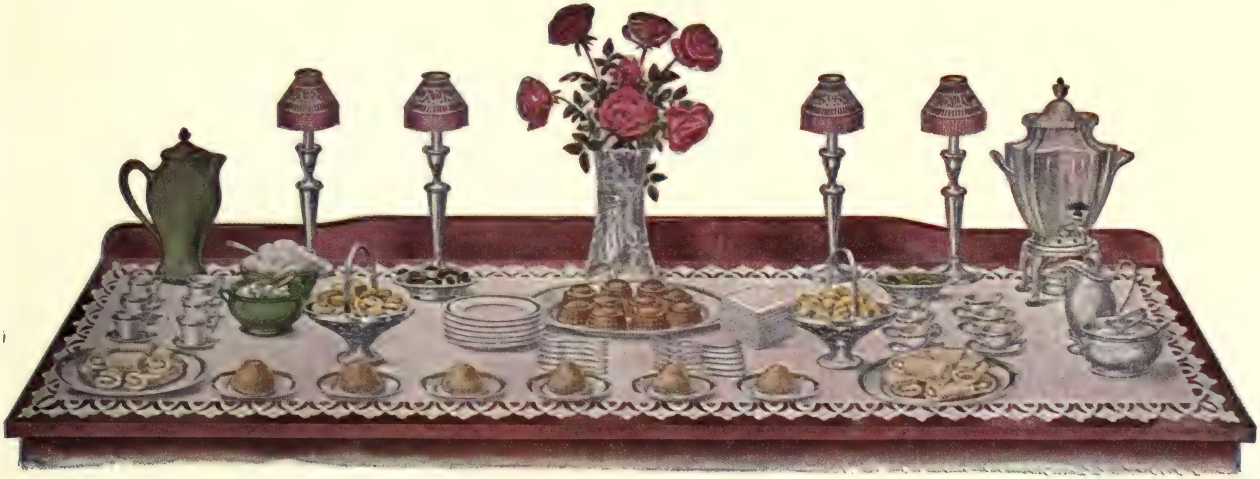
In hot weather, however, iced coffee, tea, or punch is usually more acceptable. No service or assistance is necessary except to bring in the required articles; the hostess or a friend makes the tea and the guests help each other and themselves.

For the more pretentious afternoon tea, refreshments are served in the dining room, from a table made beautiful with flowers, lights and tempting viands. At one end of the table is usually a tea-service and at the other a service for chocolate; each is presided over by a friend of the hostess. The refreshments include sandwiches, fancy cakes, olives, bonbons, etc. These are passed to the standing guests by waitresses or young girls, also friends of the hostess. Napkins are a convenience, but not a necessity; sandwiches and cakes are usually placed on the saucer or a plate under it. In summer weather, frappé, glacé, sherbet, or any suitable frozen dessert is sometimes served in addition to the other delicacies.

THE EVENING COLLATION

Evening refreshments may be of infinite variety—from the very simple to the most elaborate—without regard to appetite or digestion. The menu may include hot bouillon, hot entrées, sandwiches, cold entrées, salads, coffee, salted nuts, ices and cakes. Coffee may be served in teacups with the supper or in after-dinner cups as a last course. The second way is necessarily customary where guests are not seated at tables.

Only the daintiest of china, glass and silver should appear on the table, and all crowding should be avoided; dishes can be replenished from the pantry if necessary. The table may be simply or elaborately decorated, according to the kind of entertainment, the season, and inclination of the host. Candle light, because of its soft radiance, is preferred to any other; and the candlesticks themselves add beauty of the appearance of the table.



BUFFET SUPPER FOR AN EVENING COMPANY

Oyster Patties Olives Rolled Chicken Sandwiches Maple Mousse Fancy Cakes Bonbons Coffee Chocolate

APPETIZERS

And through the hall there walkéd to and fro,
A jolly yeoman, master of the same, whose name was Appetite.

—*Spenser's Faerie Queene.*

APPETIZERS

APPETIZERS, which are served at the beginning of a meal, are invitations to the feast, as it were, because their piquant flavors or high seasonings stimulate digestion to wait on appetite. Native oysters and clams on the half-shell, or imported caviar (the salted roe of sturgeon), or anchovies (tiny fish) served as canapés, constitute this course at formal dinners; but for other meals the fruit cocktail forms a pleasing introduction, especially at luncheons. This dainty appetizer, served in its appropriate glass, set on a linen or paper doily on a plate, is not only very palatable, but may form part of the table decorative scheme.

OYSTER COCKTAIL No. 1

12 oysters
1 teaspoon grated horseradish
1 teaspoon tomato catsup
1 saltspoon salt
Dash of red pepper
1 teaspoon tabasco
2 tablespoons lemon juice

Put three oysters in each glass. Mix the horseradish and seasonings and pour the sauce over the oysters.

OYSTER COCKTAIL No. 2

12 oysters
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce
1 tablespoon tomato catsup
½ saltspoon paprika
1 saltspoon salt
5 drops tabasco

Put three oysters in each glass. Make a sauce of the other ingredients and pour over the oysters.

LOBSTER COCKTAIL

Cut the lobster into small pieces; mix well with tomato catsup, lemon juice and salt. Serve in cocktail glasses.

CLAM COCKTAIL

Follow either of the recipes for oyster cocktails, using little neck clams.

GRAPE-FRUIT COCKTAIL

Cut the grape-fruit into halves, crosswise, and scoop out the pulp, rejecting the white inner skin as well as the seeds. Clean the shells; cut the edges with a sharp knife into scallops and throw them into cold water. Set the pulp on the ice. At serving time put a teaspoon of cracked ice in the bottom of each shell; fill with the pulp, mixed thoroughly with powdered sugar and white grapes, if desired; and place a maraschino cherry or bit of bright-colored jelly in the center of each. Lay on paper doilies or surround with bits of asparagus fern.

MIXED FRUIT COCKTAILS

Cut into small pieces as many different kinds of fruit as you have in the house; sweeten to taste and set on the ice to chill. At serving time fill the cocktail glasses and place a maraschino cherry or ripe strawberry on the top of each.

Fresh or canned pineapple is one of the most refreshing fruits for cocktails.

RASPBERRY COCKTAIL

Mash a pint of ripe, red currants; strain them through cheesecloth; pour the juice over a pint of red raspberries and set on the ice to chill. At serving time sweeten to taste and pour into the glasses, putting a teaspoon of powdered sugar on the top of each.

STRAWBERRY COCKTAIL

Slice five or six large strawberries into each glass and squeeze over them the juice of an orange. At serving time add a heaping teaspoon of powdered sugar and a tablespoon of shaved ice.

PINEAPPLE AND BANANA COCKTAIL

Take equal parts of banana and fresh or canned pineapple; cut into small cubes and cover with lemon or pineapple juice. Serve in glasses or orange shells placed on autumn leaves or sprays of green fern.

PEACH COCKTAIL

Fill the glasses with sliced peaches; cover with orange or lemon juice; sweeten to taste; add a little shaved ice and serve.

Apricot and cherry cocktails may be made in the same way.

AMBROSIA

Fill the glasses with alternate layers of sliced orange and cocoanut; cover with powdered sugar and place a maraschino cherry on the top of each.

CAVIAR CANAPÉS

6 squares toast
6 teaspoons Russian caviar
1 teaspoon chopped parsley
1 teaspoon chopped onion
1 hard-boiled egg

Cut the bread about one-quarter of an inch thick and two inches square (or round) and after it is toasted spread over each slice a teaspoon of ice-cold caviar. Mix the other ingredients; spread the mixture over the caviar and serve with quarters of lemon.

ANCHOVY CANAPÉS

Cut the bread as for caviar canapés and spread with anchovy paste. Chop separately the yolks and whites of hard-boiled eggs and cover the canapés, dividing them into quarters, with anchovies split in two lengthwise, and using yolks and whites in alternate quarters.

CHEESE CANAPÉS

1 cup grated cheese
1 teaspoon salt
Dash of red pepper
6 slices buttered bread

Cut the bread into circles, diamonds or squares, butter them lightly and brown by placing in the oven or frying in deep fat. Cover each with a thick layer of the grated cheese to which the seasoning has been added. Bake in the oven until the cheese is thoroughly melted and serve at once.

HAM CANAPÉS

½ cup minced ham
2 tablespoons butter
1 teaspoon chopped parsley
6 slices buttered bread

Mix the ham, butter and parsley to a smooth paste; prepare the bread as for cheese canapés; spread with the mixture and serve.

ANGELS ON HORSEBACK
(Anges à Cheval)

Oysters	Lemon
Sliced bacon	Cayenne pepper

Fried bread or toast

On each oyster pour a few drops of lemon, add a grain of cayenne pepper. Roll the oyster in a slice of bacon, and fasten with a toothpick. Fry until the bacon is cooked. Place each on a square of fried bread. Garnish with lemon and parsley. Serve hot with a dash of tomato catsup.

This dish may be served either at the beginning of a dinner, or as a savory, or for a breakfast or luncheon course. It is essentially for a winter menu.

SOUPS

Too many cooks spoil the broth—because they put no stock in it.

—Fables of a Rolling-Pin.

SOUPS

THIN clear soups, such as consommé and bouillon, which are used as a dinner course, are valuable advance agents of the meal, preparing by their warmth and stimulation for the heavier courses to follow. Soups containing bits of meat and vegetables, and cream soups, are far more nutritious than clear soups, and may be made the basis of a luncheon or supper. The wise housekeeper is able to serve soup at a moment's notice by having soup stock always on hand.

MEAT STOCK

Instruct the butcher to deliver all bones and trimmings removed from roasts; and save all meats and gravies left over from previous meals. By so doing soup may be at once economical and good.

To every pound of meat and bone use one quart of cold water. Cut the meat into pieces and ask the butcher to crush the large bones, so that the gelatine and fat may be fully extracted. Put all in a covered kettle on the back of the stove. When the water becomes red bring the kettle forward and let it heat slowly. Keep the water below the boiling point for three or four hours. If more water is needed, add boiling water. It is not necessary to remove the scum that rises.

Stock should be prepared at least one day before it is to be used, so that the fat on the top may harden and be removed. Do not remove the fat until it is necessary, however, as it aids in keeping the stock sweet.

VEGETABLE STOCK

1 carrot
1 onion
1 stalk celery
2 turnips
2 tomatoes
1 tablespoon sugar
4 tablespoons olive oil
2 quarts cold water
2 bay leaves
Salt and pepper

Chop the carrot, onion, celery, turnips and tomatoes very fine. Put the sugar in a kettle over the fire, and when it is brown add

the olive oil and the vegetables. Add the water and season to taste. Let it simmer for one or two hours; strain and stand aside to cool.

CREAM STOCK

1 pint milk
1 tablespoon flour
1 tablespoon butter
½ teaspoon salt
Red or black pepper

Melt the butter over the fire and add the flour, being careful not to let it brown. Add the milk gradually, stirring constantly to prevent lumps; then add the seasoning.

This cream sauce is used instead of stock as the foundation for many soups.

CONSOMMÉ

2 pounds lean beaf
1 small knuckle veal
2 tablespoons butter
1 small onion
1 stalk celery
1 small carrot
1 bay leaf
2 quarts cold water

The under part of the round of beef is the best for this soup, though any lean portions will do. Cut the beef and veal into small pieces and brown them in the butter over a hot fire. Add the cold water, onion, celery, carrot and bay leaf; simmer slowly for five or six hours in a covered kettle. Take from the fire; cool; remove the fat; strain; reheat and serve.

BEEF BOUILLON

6 pounds beef and bone
2 quarts water
Pepper and salt

Cut and break the beef and bone, and put it in the water, letting it simmer for five or six hours. Then cool and strain through a sieve, removing all fatty matter. Reheat, seasoning to taste with pepper and salt.

CHICKEN BROTH

1 chicken
1 quart cold water
½ cup rice
1 cup water
Salt and pepper

Cut the chicken into small pieces and place it in a deep earthen dish; add the quart of water; cover it and set over a kettle of

boiling water, letting it steam until the meat of the chicken has become very tender. Strain off the broth and let it stand over night. In the morning remove the fat and return the liquid to the original earthen dish. Steam the rice in the cup of water until it is soft; add it to the broth and steam the whole from one to two hours longer.

CLAM BOUILLON

1 dozen clams in shells
2 cups water
1 pint milk
½ tablespoon butter
Salt and red pepper

Scrub the clams and put them in a covered vessel over the fire in the water. Heat the milk separately. Boil the clams until the shells open; fill bouillon cups half full of broth; then pour in the milk, to which the butter and seasoning have been added.

OYSTER BOUILLON

25 oysters
1 cup water
1 pint milk
½ tablespoon butter
Salt and red pepper

Wash the oysters; chop them fine; cover with water or oyster juice and cook in a double boiler for one hour, closely covered; strain through a sieve; add the milk, separately heated, and the butter and seasoning. Serve in bouillon cups.

OYSTER SOUP No. 1

25 oysters and juice
1 pint milk
1 ounce butter
Salt and pepper
1 hard boiled egg
1 soda cracker rolled
¼ cup chopped celery

Boil the milk and set it aside. Bring the oyster juice to a boil and remove the scum. Put the oysters over the fire with the juice and the butter; let them simmer until the edges begin to curl; add the boiled milk; bring all to a boil and add the seasoning—salt and pepper to taste. Mix the cracker and celery with the egg, finely chopped; put these into a tureen and pour the soup over them.

OYSTER SOUP No. 2

25 oysters and juice
1 pint cream stock

Drain the oysters through a colander; strain the juice through a fine sieve; bring to a boil; skim; and when clear add the oysters, washing them first to remove bits of shell. Let them cook slowly until the edges begin to curl; add the cream stock and serve.

CLAM SOUP

25 small clams
1 pint milk
Pinch of mace
1 hard-boiled egg
½ teaspoon chopped parsley
1 rolled cracker
2 tablespoons butter
½ teaspoon flour

Wash the clam shells very clean; place them in a pan in the oven for about five minutes, or until the shells open; then remove them from the shells, saving all the juice. Unless the clams are small chop them very fine. Heat the milk; add the juice, the mace, parsley, egg, rolled cracker, and the butter mixed with the flour. Last of all add the clams; bring to a boil and serve.

CHILE BISQUE

4 sweet chile peppers
½ cup boiled rice
Tabasco and salt
1 egg
¼ cup cream
1 pint hot milk

Remove the seeds and veins from the peppers; boil and press the pulp through a colander. To this add a cup of boiled rice, mashed smooth. Season highly with tabasco and salt. Beat the egg; add the cream, then the hot milk, and pour all into the bisque.

CREAM OF POTATO

2 medium-sized potatoes
¼ tablespoon chopped onion
1 bay leaf
1 sprig parsley
1 pint cream stock

Pare the potatoes and let them soak in cold water for half an hour; then put them in boiling water with the bay leaf and onion, and when soft drain off the water and mash, saving the water and returning the mashed potatoes to it. Strain through a sieve and add the cream stock slowly. Just before serving add the parsley, finely chopped.

CREAM OF TOMATO

1 pint stewed or canned tomatoes
1 pint cream stock
1 tablespoon sugar
Pinch of baking soda

Heat the tomatoes; strain and add sugar and a pinch of baking soda. At the moment of serving stir in the boiling cream sauce, very slowly to prevent curdling. A spoonful of whipped cream may be served on the top of each plate if desired.

CREAM OF PEA

1 cup cooked or canned peas
1 cup water
1 tablespoon chopped onion
1 tablespoon butter
1 sprig mint
½ bay leaf
1 teaspoon sugar
1 pint cream stock

Brown the onion in the butter; add it to the peas, mint, bay leaf, sugar and water and let all simmer slowly for one half hour. Strain through a fine sieve; add the cream sauce and serve.

PEA-POD SOUP

2 quarts pea pods
1 quart water
1 cup shredded lettuce
1 pint cream stock

Put the pea pods in the water over the fire, adding the lettuce if you have it, although this is not necessary. Boil down to one pint; strain and add to the cream sauce.

Left-over cooked peas, pressed through a colander to remove the skins, may be added if desired.

CREAM OF CELERY

1 stalk celery
1 pint boiling water
½ teaspoon salt
½ tablespoon chopped onion
½ bay leaf
3 cups cream stock

Wash and scrape the celery; cut it into half-inch pieces and cook with the water, salt, onion and bay leaf until thoroughly tender. Mash in the water in which it has boiled; add the cream sauce and serve.

CREAM OF ASPARAGUS

Proceed as with cream of celery soup, substituting one half bundle of fresh asparagus or an equal amount of canned for the

stalk of celery. Or, the tips of a bundle of asparagus may be cut off for table use and the remainder used for soup. In either case the asparagus will be better if mashed through a colander, thus removing the woody portions.

CREAM OF CORN No. 1

3 ears corn
Water to cover the corn
1 bay leaf
1 pint cream stock

Run a sharp knife down through the center of each row of kernels, and with the back of a knife press out the pulp, leaving the husk on the cob. Break the cobs and put them on to boil in sufficient cold water to cover them. Boil thirty minutes and strain the liquor. Return the liquor to the fire, and when boiling add the corn pulp and bay leaf. Cook fifteen minutes; add the cream sauce and serve.

CREAM OF CORN No. 2

1 pint canned corn
½ tablespoon chopped onion
1 bay leaf
1 pint cream stock

Cook the corn, onion and bay leaf for fifteen minutes; add the cream sauce and serve.

CREAM OF SPINACH

1 quart spinach
½ tablespoon chopped onion
1 pint cream stock

Wash the spinach thoroughly; throw it into a dry kettle and place over the fire, stirring until the spinach is wilted. Drain the spinach, saving the water; chop it very fine; return it to the water; add the onion and cook until thoroughly done, adding a little more water if necessary. Mash in the same water; strain and add the juice to the hot cream sauce.

CREAM OF LETTUCE

Follow the recipe for cream of spinach, substituting one head of lettuce for the quart of spinach.

MOCK TURTLE SOUP

1 calf's head
3 quarts water
6 potatoes
2 hard-boiled eggs
1 lemon
1 tablespoon Worcestershire sauce
2 tablespoons butter
½ tablespoon sweet marjoram
Salt and pepper

Clean the calf's head thoroughly and boil it in the water until tender; then pick the meat from the bones and cut it into small pieces. Add the potatoes cut into small dice, the eggs, chopped, the lemon juice, Worcestershire sauce and butter: season with salt, pepper and sweet marjoram; use drop dumplings if desired.

GUMBO SOUP

1 pound beef
1 quart okras
1 small onion
1 sprig parsley
1 small carrot
1 large tomato
Pinch of cloves
Salt and pepper
2 quarts cold water

Cut the beef into small pieces; wash the okras and cut them in slices. Slice the onion; chop the parsley; grate the carrot; and cut the tomato into small pieces. Add the water and seasoning and bring all to a boil. Set aside to cool; skim off the hardened fat; return to the fire and let simmer slowly for four hours, closely covered.

BEEF SOUP

2 pounds shin of beef
4 tablespoons butter
2 onions
2 carrots
1 stalk celery
2 bay leaves
1 teaspoon sweet marjoram
2 whole allspices
2 whole cloves
Pinch of mace
Salt and pepper
2 quarts cold water
1 tablespoon cornstarch

Cut the beef into small pieces; put it in a pan with the butter and brown over a hot fire. Take out the meat and put it in a large kettle with the onions, carrots and celery all chopped fine; add the seasoning and water; bring to a boil and skim well. Set aside to simmer, closely covered, six or eight hours; then strain and set away. Next day remove all the fat from the top and boil half an hour. Thicken with a tablespoon of cornstarch mixed with a little cold water; boil three minutes and serve.

MUTTON SOUP

2 pounds neck of mutton
2 quarts cold water
1 turnip
1 onion
1 tomato
1 tablespoon pearl barley
Salt and pepper

Put the mutton in a kettle with the water, vegetables sliced, barley and seasoning. Bring to a boil; skim off the fat and scum; place at the back of the stove to simmer slowly for three hours. Keep the vessel closely covered.

TURKEY-BONE SOUP

Turkey bones
Water to cover bones
1 onion
1 stalk celery
3 potatoes
2 carrots
1 tablespoon barley
1 tablespoon rice
1 sprig parsley
Pepper and salt

Put the turkey bones in a kettle and cover them with water; boil slowly for three hours; add the other ingredients, chopping the onions, parsley and celery and cutting the potatoes and carrots into small dice. Boil until the vegetables are tender· season to taste and serve.

CHEESE SOUP

3 cups milk
1 tablespoon flour
1 cup grated cheese
Salt and paprika

Heat the milk in a double boiler, reserving a little to mix with the flour; add this and cook thoroughly. When ready to serve add the cheese and seasoning.

OX-TAIL SOUP

1 ox-tail
½ tablespoon drippings
2 quarts cold water
1 onion
1 stalk celery
1 bunch parsley
2 cloves
2 peppercorns
1 teaspoon salt

Cut ox-tail into pieces, separating at the joints. Brown the onion in the drippings of salt pork. Put the meat in a kettle with the water; when it reaches the boiling point add the spices, the onion and the celery and parsley finely chopped. Let simmer for four hours; strain and cool and remove the grease. Reheat; add the salt and serve.

PEPPER POT

3 pounds tripe
2 quarts water
Small knuckle of veal
Water to cover veal
2 potatoes
1 chopped onion
½ tablespoon sweet marjoram
½ bunch parsley and thyme
Salt and pepper
Dumplings

Boil the tripe for six hours the day previous to using and save the liquor. Boil the knuckle of veal in a separate vessel in sufficient water to cover it; when the meat separates from the bones strain and add the liquor to the tripe liquor with the seasoning, potatoes and onion. Cut the tripe into pieces half an inch square, and the potatoes likewise. Boil all together for fifteen or twenty minutes, adding the dumplings ten minutes before serving time.

MULLAGATAWNY SOUP

1 tablespoon beef drippings
1 large onion
2 quarts stock
2 tablespoons chopped carrot
3 tablespoons chopped celery
½ lemon
2 cloves
2 peppercorns
½ teaspoon curry powder
½ teaspoon salt
2 tablespoons boiled rice
½ cup cooked chicken or veal

Slice the onion and fry it brown in the drippings; put it into the stock, together with the carrot, celery, lemon juice, cloves and peppercorns. Mix the curry powder and salt to a smooth paste with a little water, and add that also. Simmer one hour, strain and cool; remove the fat; add the chicken and rice; reheat and serve.

CHICKEN GUMBO

1 tablespoon butter
1 tablespoon chopped onion
1 quart sliced okra
2 quarts hot water
3 small tomatoes
Less desirable pieces chicken
Flour
Salt and pepper

Brown the onion in the butter; add the okra and fry until the okra will rope from a spoon. Stir constantly. Pour all into the hot water and boil down to a quart. Scald the tomatoes; peel them; cut into small pieces and add to the soup. Next sprinkle with salt, pepper and flour the wings, back, neck and other undesirable portions of a chicken and fry them a light brown. Lift from the frying pan with a fork and add to the soup one half hour before serving.

JULIENNE SOUP

1 quart stock
1 small carrot
1 small turnip
1 small potato
1 small onion
1 small tomato
1 quart boiling water
1 tablespoon barley
Salt and pepper

Cut the vegetables into small pieces, add the water, barley and seasoning and let all simmer slowly until the vegetables are tender. Add the stock; bring to a boil and serve.

ECONOMICAL SOUP

1 quart stock
1 onion
1 small carrot
1 teaspoon salt
Water to cover vegetables
2 cloves
2 peppercorns
1 bay leaf
1 sprig parsley
Pinch of mace
Leaves and root of celery stalk

Chop the vegetables and cook them together with the herbs and seasoning in water sufficient to cover them. When done, add the stock and bring to a boil.

BARLEY SOUP

1 quart stock
2 tablespoons barley
1 teaspoon salt
1 quart water
½ saltspoon pepper

Wash the barley and soak it in a quart of water; cook in the same water until tender; drain and add with the seasoning to the boiling stock.

Rice, tapioca or sago may be substituted for the barley.

VERMICELLI SOUP

½ cup vermicelli
1 quart stock
1 teaspoon Worcestershire sauce
½ teaspoon salt
½ saltspoon pepper

Cook the vermicelli about ten minutes in boiling salted water; drain and add to the boiling stock, together with the seasoning.

Macaroni may be substituted for the vermicelli if desired; but it will have to cook longer—about half an hour.

NOODLE SOUP

1 quart stock
Noodles
½ teaspoon salt
½ saltspoon pepper

Bring the stock to a boil; add the noodles and seasoning; let both boil together for about five minutes, and serve. The noodles may be made according to the following directions:

1 egg
½ teaspoon salt
Sufficient flour to make stiff dough

Beat the egg; add the salt; then the flour, sufficient to make a very stiff dough. Knead; toss on a slightly floured board, and roll as thin as possible. Cover with a towel and set aside until the surface is dry; then roll like a jelly roll and cut off thin slices. Dry, and when needed cook twenty minutes in boiling salted water. Drain and add to soup.

BLACK-BEAN SOUP

1 pint pink kidney beans
1 quart liquid
½ cup butter, oil or beef fat
1 Bermuda onion, chopped
1 button garlic
1 tomato, sliced

Soak the beans over night and boil them until tender; mash with potato masher and return to the water in which they were cooked, of which there should be about a quart. Run this purée through a sieve to free it from hulls. Fry the onion and garlic in the fat until brown; adding the tomato. When well cooked strain through a colander; add to the purée; let simmer for ten minutes, and serve.

TOMATO SOUP

1 pint stewed or canned tomatoes
1 pint water or stock
1 small onion
1 bay leaf
1 tablespoon butter
1 tablespoon flour
Salt and pepper

Put the tomatoes over the fire with the water, onion and bay leaf; cook slowly for one half hour; strain through a fine sieve; wash the saucepan; return the tomatoes to it and put again over the fire. Add the butter and flour well rubbed together; stir until smooth; season to taste and serve with Croutons.

VEGETABLE SOUP No. 1

1½ ounces butter
1 small onion
½ carrot
½ stalk celery
1 cup beans or split peas
2 quarts water
Pinch of mace
1 dozen allspice
Salt and pepper

Put the butter in a large kettle over a slow fire. While it is melting slice the onion, cut the carrot and celery into small pieces, and put them in the butter, covering them closely until they are slightly browned. Have ready the beans or peas which have been soaked in cold water all night, and bring them to a boil in a quart of water. When the vegetables are browned pour the boiling peas over them; add another quart of water; bring all to a boil; skim well and add the seasoning. Cover the kettle and let it simmer for three hours. Then strain the vegetables and press them through a colander. Return all to the kettle; bring to a boil and serve.

VEGETABLE SOUP No. 2

½ cup chopped onion
1 tablespoon butter or drippings
1½ quarts water
2 cups shredded cabbage
½ cup chopped carrot
1 leek
1 tablespoon chopped pepper
1½ teaspoons salt
1 saltspoon pepper
1 tomato
1 cup sliced potato
1 tablespoon chopped celery

Brown the onion slightly in the butter or drippings. Have the water boiling hard and add all the vegetables except the potato and tomato. Boil rapidly for ten minutes; then gently for one hour. Add the other ingredients and cook one hour longer. Have the cover partially off the kettle during the entire time.

PIMIENTO BISQUE

½ cup rice
3 cups chicken stock
3 pimientoes
½ teaspoon salt
¼ teaspoon tabasco sauce
Yolk of 1 egg
¾ cup cream

Wash the rice; cook with the stock until tender; press through a sieve; add the pimientoes, likewise pressed through a sieve, and the seasonings. Bring to a boil; add the egg, beaten with the cream, and serve in bouillon cups with Imperial Sticks.

CLAM CHOWDER

½ peck of clams in shell
3 potatoes
½ pound bacon
1 tablespoon chopped onion
1 quart hot milk
6 rolled crackers
1 tablespoon chopped parsley
½ teaspoon salt
½ saltspoon pepper

Wash the clams and place them over the fire in a large covered kettle, with sufficient water to keep the under ones from burning. When the shells at the top have opened, remove all the clams, and when cool enough to handle take them from the shells. Remove the skins and cut into small pieces, leaving the soft part whole. Let the liquor settle; then pour off the top, being careful not to take any of the sediment.

Cut the potatoes into small dice and parboil them, pouring off the water afterward. Cut the bacon in very thin slices and fry. Remove the bacon and fry the onion in the bacon fat and strain. Then boil bacon, onions and potatoes together until the potatoes are tender Use just enough boiling water to cover them, and drain when done.

Reheat the clams and their liquor; add the hot milk, seasoning, rolled crackers, bacon, onion and potatoes; let all simmer together for five minutes; add the parsley and serve.

CORN CHOWDER

1 ounce salt pork
2 potatoes
1 small onion
1 cup boiling water
1 pint can corn
1 pint hot milk
Salt and pepper

Pare and slice the potatoes and onion. Cut the pork into small dice and put over the fire, cooking until crisp and brown; then add the potatoes, onion and boiling water. Boil for one half hour; add the hot milk, corn and seasoning; bring all to a boil and serve.

TO SERVE WITH SOUP

Croutons

Cut bread into half-inch slices; remove the crusts and cut into cubes; put in shallow pans and brown in the oven. Buttering the bread will improve the flavor and insure quick browning.

Pulled Bread

Place a loaf of baker's bread in a baking pan and cover it with a tin plate. Let it remain in a moderate oven about twenty minutes, or until heated through; then with a fork remove the crust and tear the soft part into large ragged pieces. Spread these pieces in a pan and place them in a hot oven until crisp and brown.

This is the bread frequently recommended for dyspeptics, but is delicious served in the place of crackers.

Imperial Sticks

Cut stale bread into one-third-inch slices and remove the crusts. Spread both sides thinly with butter; cut into narrow strips and brown in a quick oven. Serve with soup in place of croutons or crackers.

FISH

There be as good fish in the sea as ever yet were caught.

—*Proverb.*

FISH

THE impression that fish, because they are rich in phosphorus, are particularly good food for brain workers, is not necessarily true. The fact that they are easily digested, especially the white-fleshed kinds, may partially account for this reputation. Coming into their prime, as they do, at the end of winter when the system is meat-weary, and bringing with them the refreshing flavor of the sea, fish afford a pleasant and welcome change of diet.

Fresh fish have firm flesh, bright eyes and gills, and do not have an offensive odor. In stale fish there is danger of ptomaine poisoning. This danger is greatest in fish which have been preserved frozen, and have been kept for some time after thawing.

If fish have not been cleaned when they come from the market, clean them immediately. Wash, wipe, and sprinkle with salt. If placed in the refrigerator, slip the plate into a paper bag to keep the odor from other food; or set the plate on a pan of ice and keep it in the cellar.

Frozen fish should be soaked in cold water until *thawed*, and then removed. Soak *salt* fish in fresh water, skin side up, to draw out the salt.

White-fleshed fish, such as shad, blue-fish, mackerel, and salmon, have fat distributed more or less throughout the body, and are seldom fried. They are usually baked, broiled or planked.

Of the Great Lakes fish, white-fish are the finest. They are cooked in various ways, but are often planked. Of other fresh water fish, trout, black bass, and catfish are the best known.

Codfish, haddock, and halibut may be found in market the year around, but are not really good in June, July, August and September. Flounders are at their best in May. Shad are best in April and May, and are in season only in the spring and early summer. Blue-fish come in summer and early autumn.

Of bivalves (shell-fish), oysters and scallops are winter fish; clams are year around, being much used in summer when oysters are out of season. Of crustaceans (crust-fish), lobsters are to be found in market throughout the year, but are best from June to September. Crabs also are best in summer. Soft-shell crabs are so called because they have shed their hard shells, and have been caught before their new shells harden.

CLEANING FISH

To remove the scales hold the fish by the tail and scrape firmly toward the head with a small sharp knife, held with the blade slanting toward the tail. Scrape slowly so that the scales will not fly, and rinse the knife frequently in cold water.

If the fish is to be served whole, leave the head and tail on and trim the fins; otherwise remove them.

To open small fish make an incision under the gills and squeeze out the contents by pressing upward from the middle with the thumb and finger. To open large fish split them from the gills half way down the body toward the tail; remove the entrails and scrape and clean, opening far enough to remove all the blood from the backbone, and wiping the inside thoroughly with a cloth wrung out of cold, salted water.

To skin a fish remove the fins along the back and cut off a narrow strip of the skin the entire length of the back. Then slip the knife under the skin that lies over the bony part of the gills and work slowly toward the tail. Do the same with the other side.

To bone a fish clean it first and remove the head. Then, beginning at the tail, run a sharp knife under the flesh close to the bone, scraping the flesh away clean from the bone. Work up one side toward the head; then repeat the same process on the other side of the bone. Lift the bone carefully and pull out any small bones that may be left in the flesh.

BOILED FISH

Wipe the fish carefully and if fresh, sprinkle thoroughly with salt. Wrap it in a piece of cheesecloth to hold the fish together and to prevent the scum from clinging to the fish, and place it in a kettle of boiling water, adding a teaspoon of salt and a tablespoon of vinegar to every two quarts of water, also a slice of onion, a bay

leaf and a sprig of parsley. Cook slowly, following the time table in the front of the book; lift and drain carefully; open the cloth and turn the fish upon the serving platter, garnishing with parsley and slices of lemon. The fish is done when the flesh is firm and separates easily from the bone.

As fish used for boiling has little fat and is cooked in none, it needs a rich sauce to make it palatable. Drawn butter, egg, Hollandaise and Béchamel sauces are used.

BAKED FISH

Wash and dry the fish, rubbing inside and out with salt; stuff with forcemeat or bread stuffing and sew. Cut gashes two inches apart on both sides, alternating, and into each slip a narrow strip of salt fat pork. Sprinkle with salt and pepper and place in a hot oven without water. As soon as it begins to brown add hot water and butter and baste every ten minutes. Bake until done, allowing an hour or more for a large fish, twenty or thirty minutes for a small one. Remove to a hot platter; draw out the strings; wipe off all water or fat and remove pork; garnish with slices of lemon well covered with chopped parsley and serve with Hollandaise sauce.

BROILED FISH

For broiling large fish should be split down the back and head and tail removed; salmon and halibut should be cut into one-inch slices, and smelts and other small fish left whole. Wipe the fish as dry as possible; sprinkle with salt and pepper and if the fish is dry and white brush the flesh side well with olive oil or butter. Put in a well-greased broiler, placing the thickest parts of the fish toward the middle or back of the broiler. Hold over a hot fire until the flesh side is nicely browned; then cook the skin side just long enough to make the skin crisp. Small fish require from ten to fifteen minutes, large fish from fifteen to twenty-five. To remove from the broiler loosen one side first, then the other, and lift carefully with a cake turner. Place on a platter; spread with butter and stand in the oven for a few minutes. Garnish with lemon and serve with Maitre d'Hôtel sauce.

FRIED FISH

Wash and dry the fish; season with salt and pepper; dip in fine bread crumbs, then in beaten egg, then in bread crumbs again.

Place the fish in a frying basket and fry in hot fat, preferably olive oil. Be sure that the fat is hot; test it by lowering a small piece of bread; if it browns in thirty seconds the fat is sufficiently hot. Put only a few pieces of fish in the basket at a time and remove them as soon as they are brown. Garnish with parsley and serve with Tartare sauce.

SHAD ROE

Shad roe may be baked, broiled or fried. To broil, wipe dry; sprinkle with pepper and salt and cook five minutes on each side. Butter well and stand in the oven for a few minutes; then serve garnished with parsley and lemon. To fry, proceed as with fish, but cook the roe for ten minutes first in boiling water.

BAKED SHAD

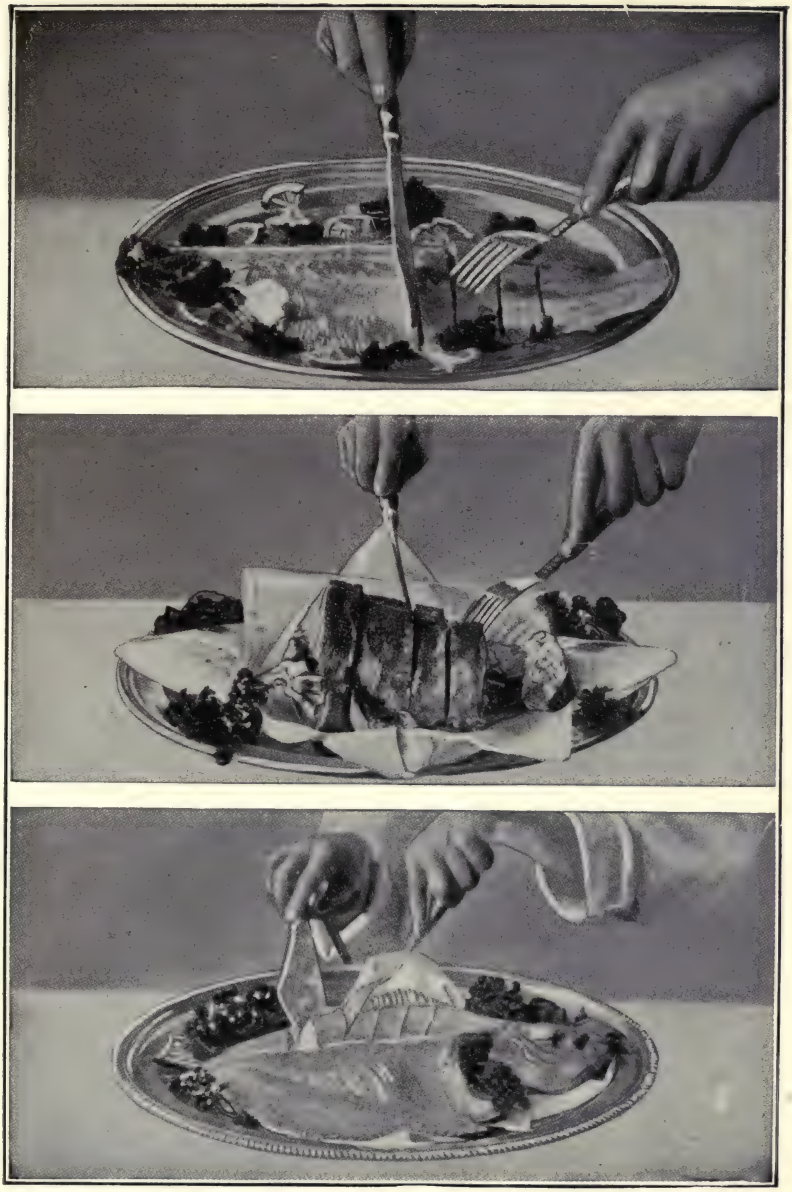
Clean and split a three-pound shad, placing it skin side down in a baking pan. Sprinkle with salt and pepper; spread with butter and thin slices of bacon and bake twenty-five or thirty minutes in a hot oven. Garnish with parsley and slices of lemon.

PLANKED SHAD

Clean and split a three-pound shad. Heat the plank very hot; lay the fish upon it, skin side down. Brush the flesh carefully over with olive oil or butter; then sprinkle with salt and pepper. Bake for thirty minutes in a hot oven. It may be cooked in a gas range, having the flame over the fish. When cooked pour over the fish two tablespoons of melted butter and the juice of one lemon. Garnish with parsley, quarters of lemon, and mashed potatoes. Shape the potatoes by means of a forcing bag and star tube; brush over with beaten yolk of egg; then brown in the oven. Set the plank on a serving dish and serve.

PLANKED HALIBUT

Trim the ends of a solid piece of halibut, weighing about four pounds and cut the entire width of the fish. Peel and slice three onions into a baking pan, and on these lay the halibut. Squeeze the juice of a small lemon over it; put some pieces of butter on the top; pour in a cup of white stock, to which has been added a tablespoon of vinegar. Bake for three-quarters of an hour; baste several times with the liquid in the pan. Add a little salt.



SOLE COD FLOUNDER

When ready lift out the fish on to a hot plank. Put some hot mashed potatoes through a forcing bag round the fish, brush with beaten egg, and return to a hot oven to brown the potatoes. Fill up the space between the fish and potatoes with hot vegetables. Decorate with pieces of cooked cucumber, which have the centers removed and filled with cooked and seasoned peas.

BAKED FILLETS OF HALIBUT

Cut the halibut into small fillets; season and place in a shallow pan, covered with buttered paper. Bake in a hot oven from ten to fifteen minutes. Garnish with parsley and serve with Hollandaise sauce.

FRIED SMELTS

Clean the smelts, leaving on the heads and tails. Sprinkle well with salt, pepper and flour; dip in egg, then in fine bread crumbs, and fry in deep fat. Garnish with parsley and slices of lemon and serve with Tartare sauce.

SALT-FISH DINNER

1 pound codfish	2 tablespoons fat
½ pound salt pork	2 tablespoons flour
2 cups skim milk	Speck of salt

Dash of red pepper

Cut the codfish in strips; soak in lukewarm water and cook below the boiling point until tender. Cut the pork into one-fourth inch slices; cut several gashes in each piece; fry slowly until golden brown and remove, pouring off the fat. Out of two tablespoons of the fat, the flour, seasoning and milk make a cream sauce. Put the codfish on a platter with pieces of pork around it; and serve with boiled potaoes and the cream sauce.

CODFISH

Let the fish soak in cold water for four or five hours to draw out the salt; wash the fish very clean; put it in a kettle with cold water; bring to a boil; then stand aside where it will keep just below boiling temperature. When perfectly tender, drain; put on a platter and cover with cream sauce.

CODFISH BALLS

1 cup codfish
1½ cups mashed potato
Yolk of 1 egg
1 tablespoon soft butter
Dash of pepper
White of 1 egg
Flour

Wash the fish in cold water and pull in small pieces; mix with the potatoes. Beat the egg; stir to a paste with the butter; add pepper, then the whites beaten to a stiff froth. Turn in the fish and potato; mix well with a fork; flour the hands and roll the mixture into round balls. Flatten to one-half inch thickness and fry in hot fat.

SALMON SURPRISE

can salmon
1 cup cream sauce
1 cup mashed potatoes

Remove the salmon from the can; place it in a colander and wash under running water. Break into small pieces; mix thoroughly with hot cream sauce and pour into a baking dish. Cover with mashed potatoes and bake until the potatoes are browned.

CREAMED SALMON

1 can salmon
1 cup cream sauce

Remove the salmon from the can; place it in a colander and wash under running water or scald with boiling water. Break into small pieces; stir into the hot cream sauce; bring all to a boil and serve in patty cups or on toasted bread or crackers.

FRIED SCALLOPS

Clean the scallops; cook until they begin to shrivel; drain and dry between towels. Roll in fine bread crumbs, salt and pepper; dip in beaten egg; roll again in crumbs and lower for a minute or two into very hot fat. Drain on paper and serve.

CLAMS

Clams may be stewed, panned or cooked in other ways like oysters. They are also good made into fritters.

CLAM FRITTERS

3 eggs
½ cup milk
1 cup flour
25 clams

Beat the eggs; add the flour gradually with the milk, beating until perfectly smooth. Chop the clams; drain off the juice; stir them into the batter; mix thoroughly and drop into boiling hot fat.

CREAMED CLAMS

2 dozen clams
1 tablespoon butter
1 tablespoon flour
½ cup clam juice
½ cup rich cream
Salt and paprika

Chop the clams fine. Melt the butter and cook the flour in it; add the clams and juice; simmer for ten minutes and add the cream. Bring to a boil; season and serve with thin slices of buttered toast.

FRIED OYSTERS

Select large oysters; drain them and dry between soft towels. Dip each oyster in beaten egg until it is thoroughly coated; then roll in cracker dust or fine bread crumbs well seasoned with salt and pepper. Lay the oysters in a wire basket, a few at a time, and lower them into boiling hot fat. Test the fat by lowering a piece of stale bread into it; if it browns in thirty seconds the fat is sufficiently hot; if it burns the fat is too hot. Fry the oysters a delicate brown; drain them over the fat; then lay on brown paper in the oven until serving time.

Olive oil is best for frying, though suetine, cottolene, crisco, or a mixture of suet and lard brings good results. Butter alone or lard alone should never be used.

OYSTER PIE

40 large oysters
2 hard-boiled eggs
Salt and pepper
Little grated nutmeg
½ tablespoon chopped onion
½ tablespoon chopped parsley
3 tablespoons flour
4 tablespoons butter

Put the oysters over the fire in their own liquor; add the other ingredients, rubbing the butter to a paste with the flour first. Stir until the butter is thoroughly melted: then pour into a deep

pudding dish, the sides of which are lined with half puff-paste. Have an inverted cup in the center of the dish to support the top crust; cover with paste; fasten the edges securely and make a few slashes to allow the steam to escape. Bake in a quick oven for about a half hour. When brown on the top, cover with paper to prevent the crust from burning.

SCALLOPED OYSTERS

Butter a baking dish and fill it with alternate layers of oysters and bread crumbs, making the bottom layer oysters and the top layer crumbs. Season each layer of crumbs thoroughly and dot with small pieces of butter. When the dish is full moisten with equal parts of oyster juice and milk.

CREAMED OYSTERS

1 pint oysters
¾ cup milk
1½ tablespoons flour
1 tablespoon butter
Salt and pepper
Dash of celery salt

Heat the oysters in their own liquor, removing the scum that rises. Melt the butter in a separate pan; stir in the flour; add the milk gradually, stirring constantly to prevent lumps. Pour the oysters into the cream sauce thus made and just before serving add the seasoning. Serve in patty shells or on buttered toast.

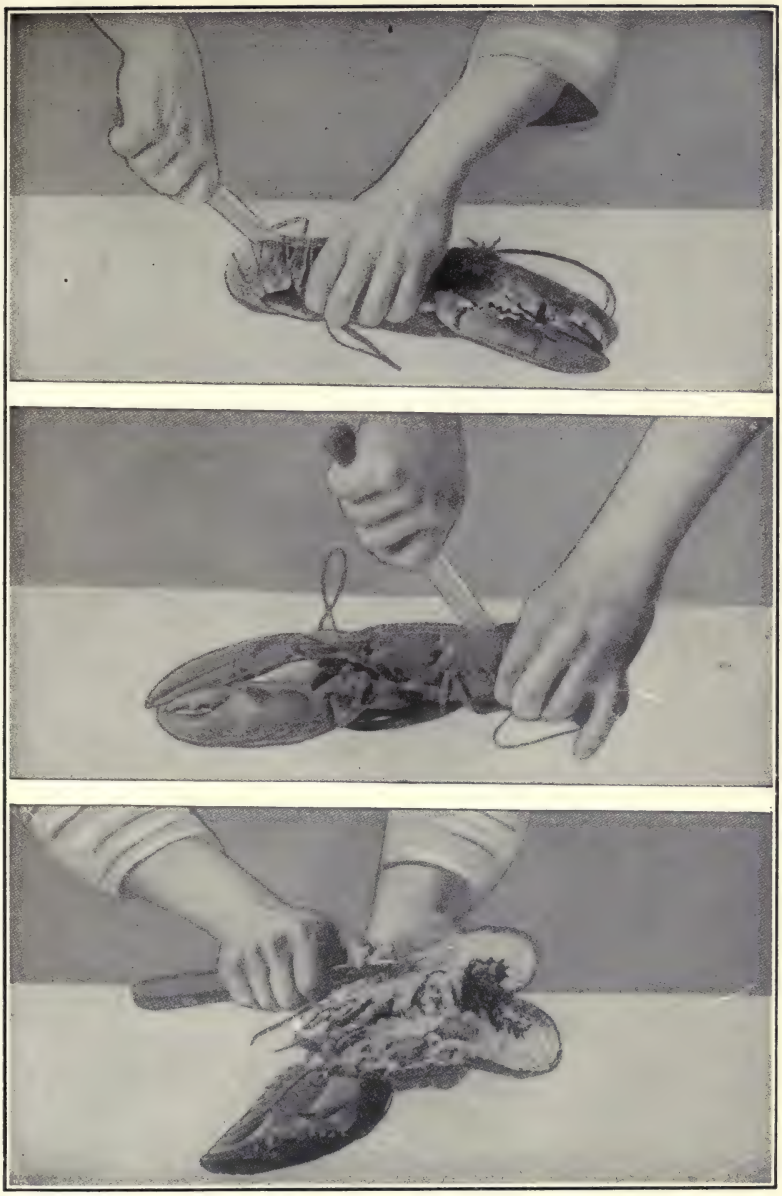
OYSTER STEW

1 pint oysters and juice
1 pint hot milk or cream
Salt and red pepper
1 ounce butter

Put the oysters over the fire in their own liquor; the moment they come to a boil, skim carefully and add the hot milk or cream. Skim again; remove from the fire and add the butter and seasoning.

SHIRRED OYSTERS

Place small squares of toast in a pan and on each as many oysters as it will hold, well seasoned with salt, pepper and bits of butter. Cover the pan and cook the oysters in the oven until they are plump and curled at the edges. Serve immediately.



HOW TO SPLIT AND DRESS LOBSTER

PANNED OYSTERS

25 oysters
1 tablespoon butter
juice of ½ lemon
Salt and pepper
Squares of toast

Melt the butter over the fire; add the lemon juice, then the drained oysters. Cook until the edges begin to curl; season and serve on small squares of toast.

BROILED OYSTERS

Wash the oysters and dry them with a soft towel. Dip them in melted butter and lay them on a broiler which has been well greased with salt pork or butter. Broil on both sides for a few minutes; lay on buttered toast and season with salt, pepper and butter.

Oysters cooked on both sides on a buttered gridiron have the flavor of broiled oysters, and are more easily prepared.

TERRAPIN

Drop the live terrapin in hot water and boil until the skin can be pulled from the legs. When cool, take off the shells; pull out the claws; open the body and remove carefully the sand bag and gall, being careful not to break them; also the entrails, lights, heart, head, tail and white muscles. The remainder of the terrapin is to be used when cut into small pieces.

STEWED TERRAPIN

1 terrapin
¼ pound butter
1½ tablespoons flour
¼ cup cream
Yolk of 1 egg
Salt and cayenne
Pinch of mace
1 tablespoon currant jelly

Rub the butter in the flour and add it to the terrapin; add the cream in which the egg has been beaten, salt, cayenne, mace and jelly. Simmer for ten minutes and serve.

LOBSTER

Select a live lobster of medium size but heavy in proportion to its size. If the tail springs back quickly when straightened, the lobster is fresh.

To kill a lobster grasp it by the back and put its head under hot water; then its body, and quickly cover the kettle. The lobster will die immediately, but should remain in the water about twenty minutes, boiling all the time.

The meat should not be eaten until cold and should never be kept more than eighteen hours after cooking. It should not be removed from the shell until it is to be used.

Remove the meat from the shell, discarding the gills, stomach and intestines. Garnish with small clams and lettuce leaves.

PLANKED LOBSTER

To plank a lobster heat the plank very hot. Kill the lobster by splitting it into halves, lay it on the plank shell side down; put it under the gas for twenty minutes; baste with butter; dust with salt and pepper, and cook ten minutes longer. Garnish with small fried French potato balls and grated cucumber in tiny lettuce leaves.

DEVILED CRABS

6 crabs
1 hard-boiled egg
2 tablespoons butter
Grated nutmeg
1/3 cup cream
Salt and cayenne
1/4 teaspoon sweet marjoram
Cracker dust
1 raw egg

Put the crabs into hot water; add salt and boil for thirty minutes. Or, buy crab meat already picked and ask the dealer for six shells. Cut the meat into small pieces; add the hard-boiled egg, cream, butter and seasoning and cook for a few minutes over a hot fire, thickening the mixture with cracker dust. Fill the shells; dip them in the raw egg, beaten; then in cracker crumbs; place in a hot oven or drop into boiling fat and fry until brown.

FROGS

Only the hind quarters of frogs are cooked. Wash and dry them; skin and dip them in milk; sprinkle with salt, pepper and flour and fry in boiling hot fat. Or put them in a saucepan with butter, a sprinkling of flour and pepper and salt. Shake over the fire for a moment; add a little water; simmer until tender and almost dry; then add a cup of cream and a large lump of butter rubbed together with a little flour. Bring to a boil and serve.

MEATS

Some hae meat and canna eat;
And some wad eat that want it;
But we hae meat, and we can eat;
So let the Lord be thankit.

—ROBERT BURNS: *Grace before Meat.*

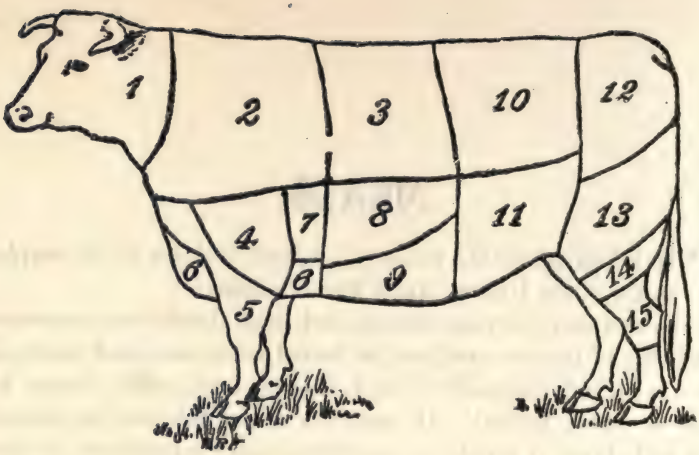
MEATS

THE following are the words of a noted dietitian in the employment of the United States Government:

"The custom of serving meat at each meal should be discouraged. Deficiency of protein need not be feared when one good meat dish a day is served, especially if such food as eggs, milk, cheese, and beans are used instead. In localities where fish can be obtained fresh and cheap, it should be more frequently substituted for meat for the sake of variety as well as economy. Ingenious cooks have many ways of 'extending the flavor' of meat; that is, of combining a small quantity with other material to make a large dish, as in meat pies, stews and similar dishes."

As to Digestibility.—Animal protein is more easily digested than vegetable protein, such as found in beans and peas, for flesh foods are more like the human body, and do not have to undergo the same amount of chemical change as do vegetable foods; but the drainage of the body is taxed by flesh eating, and certainly too much meat is a mistake. When used, meat should form only one-fifth, or, at most, one-fourth of a well-balanced meal. This subject is further discussed in the chapter on "Balanced Rations," page 417.

As to Cost.—Meat is the most expensive food used in most households. There is no need for buying the most expensive cuts. "The best is the cheapest," does not apply to foods. The most economical food is that which supplies the most nutriment for the least money. Prices are not regulated according to their nutritive value, but according to attractiveness and scarceness. The nutriment in an ounce of tenderloin is no more than that of an ounce of the round or shoulder. "Much more depends upon the art and skill of the cook than upon sums laid out in the market," said Count Rumford.



1. Neck
2. Chuck
3. Ribs
4. Shoulder clod
5. Fore shank
6. Brisket
7. Cross ribs
8. Plate
9. Navel
10. Loin
11. Flank
12. Rump
13. Round
14. Second cut round
15. Hind shank

Diagram of Cuts of Beef

The time required for digestion of beef and mutton is about the same. Pork is the most difficult of meats to digest, and is better for the use of people who do manual labor than for those who exercise little. The flesh of young animals is tender, but is less nutritious than that of older ones. Beef and mutton are found in the markets the year round. Veal and lamb are in season in the spring. Pork should not be used in hot weather.

The methods of cutting meats differ in different localities, but the diagrams in this chapter give the housekeeper an idea of the general divisions. As a rule, the more tender portions of unused muscles lie just below the back of the animal, but the tenderness decreases downward, toward the legs, and toward the head.

Never wash fresh meat. Wipe it with a damp cloth.

Roasting

Meats are "roasted" before an open fire, and "baked" in a closed oven, although as a matter of convenience the oven method is now commonly used. The chief point to remember is that the meat should be quickly browned in order that the crust thus formed may retain the juices. The oven should therefore be hot when the meat is put in and the heat, if possible, gradually reduced.

Wipe the meat with a damp cloth, but do not wash it. Sprinkle with pepper and salt and just a little flour, and put in a pan with a small piece of fat or drippings. When the meat is seared, add a little water and baste every ten minutes. When one side is thoroughly browned, turn over and brown the other side. When done, remove the roast; pour off almost all of the fat and make a brown sauce according to the directions in the chapter on "Sauces."

If the meat is very lean it is a good plan to lay thin slices of fat meat, bacon or pork over the top.

Broiling

The object of boiling is to coagulate as quickly as possible all the albumen on the surface of the meat, sealing up the pores so that none of the juices may escape. It is therefore a good plan to warm the gridiron before putting on the meat so that none of the heat may be conducted away. The broiling should be done over

a clear fire at least two inches away from the gridiron. Meat cooked by this method is more wholesome than meat cooked in any other way; but if the fire is not hot, most of the juices will be lost. Season with salt, pepper and butter when the meat is done; do not season before cooking, as salt draws out the juices.

Pan-broiling is less desirable than broiling over hot coals, though when properly done the meat has much the same flavor and appearance. Have the pan red hot and if the meat is very lean, rub the pan with fat; but do not leave any fat in the pan. Sear the meat quickly on one side, then on the other; then cook, turning several times. Season and serve.

Boiling

Boiling is one of the easiest methods of cooking meat, but it is not satisfactory unless the proper method is followed. In making soup the meat is put in cold water to draw out the juices; in boiling it should be put in hot water, so that the meat and not the water may retain the juices and flavoring. Some of them will necessarily escape, but the boiling water coagulates the albumen on the surface of the meat, forming a sort of coat.

Salt meat should be soaked in cold water before boiling, but fresh meat should simply be wiped with a damp cloth. Have the kettle scrupulously clean; put in it enough water to cover the meat and when boiling drop in the meat. Boil hard for five minutes; then draw the kettle aside and let the meat cook slowly Cover closely and remove all scum that rises.

Frying

Frying is cooking in very hot fat, and the secret of success is to have the fat hot enough to harden the outer surface of the meat immediately and deep enough to cover the meat. As the fat can be saved and used many times, the use of a large quantity is not extravagant.

Have a frying pan with a wire basket and arrange the pieces of meat or croquettes so that they will not touch each other. Plunge them in the fat, testing it first with a small piece of bread, which should brown in thirty seconds. When cooked, drain the meat over the hot fat; shake the basket and place the pieces on soft paper so that the fat may be absorbed.

Olive oil is best for frying; but as it is expensive for general use,

various compounds such as cottolene, suetine, crisco, etc., may be used. These on the whole are better than lard, which is easily absorbed and therefore apt to make the food greasy. Suet and drippings are cheapest; but suet alone cools quickly and leaves a tallowy taste.

Dry the meat; roll it in fine bread crumbs; then dip it in beaten egg diluted with water; roll it in bread crumbs again and fry. The white of the egg hardens immediately if the fat is sufficiently hot and the fat cannot penetrate to the meat. Mix a little salt and pepper with the bread crumbs.

Sautéing

Sautéing is commonly called frying: it consists in cooking with a little fat in a shallow pan. This method is apt to make the articles greasy and is therefore to be used with caution. Use butter, olive oil, or one of the cheaper fats.

Braising

Braising is a cross between boiling and baking and is one of the best methods of cooking large pieces of tough, lean meat. The meat is placed in a closely covered pan partly filled with hot stock or water and cooked slowly in the oven. Bay leaf, carrot, onion and herbs are added, and the meat is usually seared first to prevent escape of the juices in the water.

Stewing

Stewing consists in cooking meat in a little water in a closely covered vessel. Thickening and vegetables are usually added. Cut the meat in small pieces and brown over the fire; add boiling water; cook for a few minutes; then reduce the heat and cook very slowly. The long-continued action of the heat softens the fibers and renders the coarsest and cheapest kinds of meat tender and palatable.

Fricasseeing

To fricassee meat sauté it first to keep in its juices, then stew until tender and serve with white or brown sauce made from the juice in the pan.

PURCHASING BEEF

Roasting—ribs, loin, rump and pin-bone. Second cut from thinnest side of ribs and sirloin are best pieces.

Broiling—loin, rump, skirt. Tenderloin and sirloin the best.

Boiling—round.

Stewing—round, brisket, etc.

Soup—shin, leg, neck, etc

Broth—neck, round, etc.

POT ROAST

Pot roast calls for brisket or round and is one of the cheaper dishes of meat. Wipe the beef with a clean, wet cloth; sear by placing in a hot frying pan and turning until the entire surface is browned, then put in a kettle with not more than a cup of hot water; cover tightly and keep just below the boiling point. Do not let the meat boil dry, but add only enough water to keep it from burning. Cook until tender and add pared potatoes one half hour before it is done. Serve with brown sauce made from the fat in the pot.

ROAST BEEF WITH YORKSHIRE PUDDING

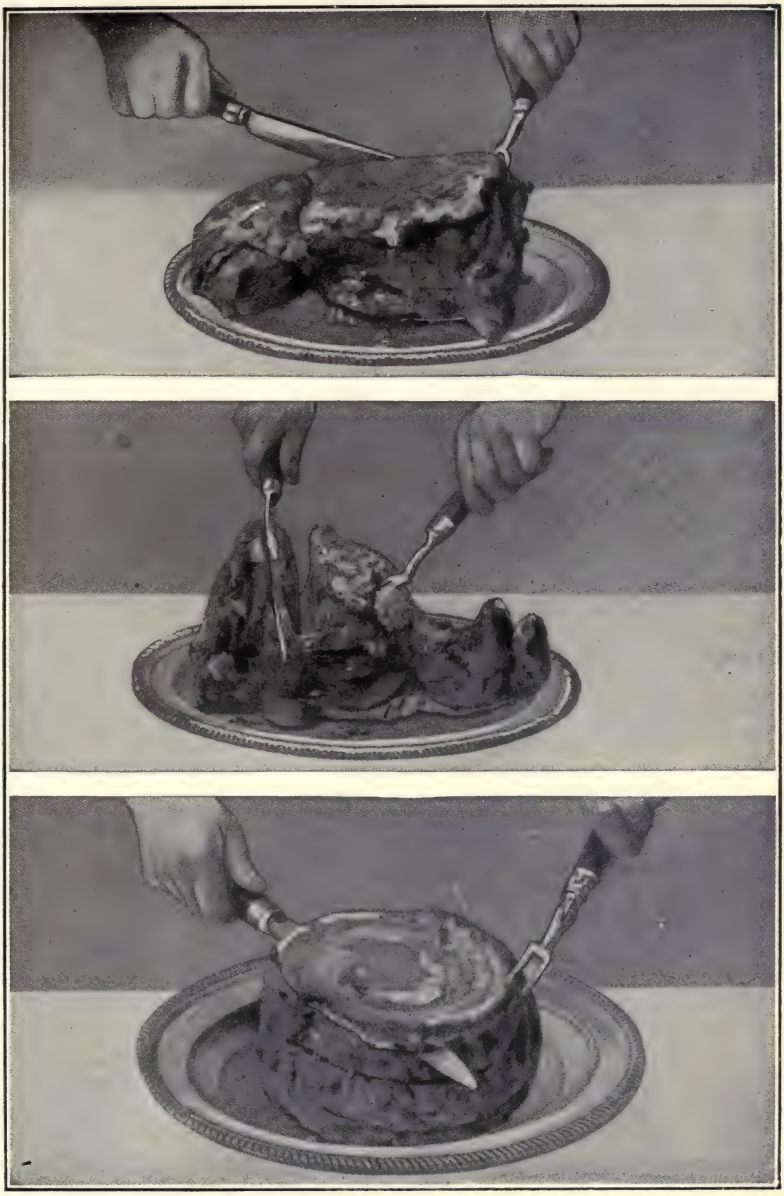
2 cups flour	3 eggs
½ teaspoon salt	2 cups milk

Roast the beef as usual. Mix the flour with the salt; add the beaten eggs and the milk and stir until the batter is smooth. Pour into a shallow baking pan containing a little of the drippings from the roast beef. Let the batter be only one inch thick and bake from thirty to forty-five minutes, basting, after it is risen, with some of the fat from the pan in which the beef is roasting. Cut into squares and place it around the roast beef.

BEEF À LA MODE

5 pounds beef from the round	½ cup carrot
Lardoons of pork	½ cup onion
Salt and pepper	½ cup turnip
Flour	Bay leaf
Water	Sprig of parsley

Make eight or ten deep incisions in the meat and press into them lardoons of salt pork. Brown the meat in pork fat or drip-



CARVING

Loin of Beef (upper cut) Loin of Beef Rolled Ribs of Beef

pings; season, dredge with flour and brown again. Raise the beef on a trivet, put in water to half cover it, and the vegetables sliced or cut into cubes, bay leaf and parsley. Cover closely and cook below the boiling point for about four hours. Remove meat to platter; surround with vegetables and make a brown sauce of the strained liquor.

BEEF TERRAPIN

Shin of beef	¼ pound butter
Salt and red pepper	1 cup cream
3 blades mace	1 heaping teaspoon flour

2 tablespoons currant jelly

Have the shin of beef sawed through the bone in three places; put it in a vessel over the fire; cover with boiling water and throw in a tablespoon of salt. Boil slowly until tender (three or four hours), adding more water if necessary. When the meat is done, remove and cool it, saving the broth for soup. Cut the cold meat into half-inch dice; add seasoning and butter and the flour well mixed with the cream. Bring to a boil, stir in the jelly and serve.

PLANKED STEAK

Nearly all planking boards are now fitted out with steel rods or bars to hold the steak in place and grooves for the conservation of the gravy. Before using, heat the board very hot before the fire or in the oven, lay the steak on and fasten into place. Brush over with olive oil or melted butter; dust with salt and pepper and lay the plank in the broiler chamber of a gas range for at least fifteen minutes. Baste frequently and reverse the plank from time to time.

While the steak is cooking press fresh-boiled potatoes through a ricer; season with salt and pepper; add a little butter and cream; and beat with a fork until very light. When the steak is nearly done take the board from the oven; put the beaten potato into a pastry bag and force through the tube, rose fashion, at regular intervals along the edge of the steak on the board.

Between the potato roses make little mounds of cauliflower, mushrooms, spinach or onions. Return to the oven and allow them to brown delicately. Garnish with cress and send the steak to the table on the plank, setting it on a large platter or tray

PLANKED STEAK WITH OYSTERS

Have an extra sirloin neatly trimmed; put it on the broiler; broil five minutes on one side; turn and broil five minutes on the other side. Make the planking board very hot while the steak is broiling. Put the steak on; garnish the board quickly with mashed potatoes and put it under the broiler. Turn the steak once. Dust with salt and pepper and rub with butter. Cover the top with broiled oysters, then run it again under the broiler for a few minutes. Serve very hot.

PLANKED SALISBURY STEAK

1 pound lean beef
Salt and pepper
1 teaspoon onion juice
Mashed potatoes
3 baked bananas
1 cup cream sauce
½ cup grated horseradish

Chop the meat very fine; season with salt, pepper and onion juice; make it into three cakes. Put the cakes on a hot plank and then under the broiler. It is wise to turn a Salisbury steak once during the cooking. When done garnish the plank with mashed potatoes; put it back until brown. Have ready a baked banana for each cake. Make a cream sauce; add to it half a cup of grated horseradish; fill this around the board; put the baked bananas on top and serve.

CORNED BEEF

All corned beef requires to be boiled slowly. Put it on in cold water; allow twenty-five or thirty minutes for every pound of beef. Let it come slowly to a boil, then allow it to simmer.

Cabbage is usually served with corned beef but should not be boiled with it. Parsnips or turnips may be served if preferred.

PICKLE FOR CORNING BEEF

3 gallons water
6¾ pounds salt
1 ounce pearlash
2½ pounds sugar
1 pint molasses

This pickle is sufficient for fifty pounds of beef. When salt and sugar are thoroughly dissolved lay in the beef. It will be ready for use in twelve or fourteen days, but can remain in the pickle five or six weeks without injury.

ROLLED STEAK

1 small skirt steak
1 tablespoon chopped parsley
1 tablespoon chopped onion
1 cup stock
1 slice carrot
1 bay leaf
Salt and pepper

Trim the steak; sprinkle it with parsley and onion; season with pepper and salt; roll and tie it. Place it in a small roasting pan with the stock (or water if you have no stock), carrot and bay leaf and roast for one hour, basting constantly. Serve with tomato or brown sauce.

MOCK DUCK

1 pound round steak
4 tablespoons bread crumbs
½ teaspoon salt
½ saltspoon pepper
½ teaspoon powdered sage
2 teaspoons chopped onion
Milk to moisten the bread

Purchase a steak of uniform thickness and remove all the fat. Prepare a filling as follows: Mix together the crumbs, salt, pepper and sage; scald the onions to soften them and to remove the strong flavor, and add them to the crumbs, moistening all with milk. Wipe the steak with a damp cloth; spread the filling evenly over the meat; roll and tie it, sewing the ends to keep it together. Place it in a roasting pan with a little water and bake for about three quarters of an hour, basting frequently. Serve with currant jelly.

MOCK RABBIT

1 pound round steak
½ pound sausage meat
3 slices moistened bread
1 egg
1 onion
¼ pound salt pork
Salt and pepper

Chop or grind the meat. Chop the onion and cook it in the fat tried out of a small portion of the pork; add the bread and cook a few minutes. When cool, mix with the other ingredients except the pork; form into a long, round roll, smoothing it by moistening the hands with cold water. Cut the pork in thin slices; lay them over the loaf and bake for forty minutes in a hot oven.

The sausage may be omitted if desired and more seasoning used in its place.

BEEF CHOP SUEY

2 sweet peppers
1 pint tomatoes
2 tablespoons chopped celery
1 tablespoon chopped parsley
Salt and pepper
1½ pounds beefsteak

Choose tender steak and cut it into small pieces. Sauté the vegetables in hot fat or butter and season well; cook for ten or fifteen minutes; then pour over the beef which has been cooked in similar fashion in another pan.

SPANISH BEEFSTEAK

2 pounds steak
Bacon or salt pork
Salt and red pepper
½ cup milk
½ cup water

Have the steak about one inch thick; pound until thin; season and cover with a layer of bacon or salt pork cut into thin slices. Roll the steak ; tie it with a cord and place it in a covered baking dish with the milk and water. Cook two hours, basting occasionally.

MEXICAN BEEF

2 chile peppers
1 pint warm water
2 pounds beef
Butter or drippings
Clove of garlic
Boiled Mexican beans

Remove the seeds from the chile peppers; soak the pods in the warm water until soft; then scrape the pulp from the pods and add it to the water. Cut the beef into small pieces and brown in butter or savory drippings. Add the garlic and chile water and cook until the meat is tender, adding more water if necessary. Thicken with a few crushed beans and serve with Mexican beans, either mixed with the meat or used as a border.

If chile peppers cannot be obtained, water and cayenne may be substituted, and if Mexican beans cannot be obtained, other dried beans may be used.

GUISO

1 small round steak
1 tablespoon drippings
4 tablespoons boiled rice
2 cups boiling water
1 onion
4 Mexican peppers
Salt
Flour to thicken

Wipe the meat with a damp cloth; cut it into small pieces and put it in a frying pan with the drippings, rice, half the boiling

water and the onion, sliced. Cover and cook slowly until tender. Remove the seeds from the peppers; cover them with another cup of boiling water and let them stand until cool; then squeeze them from the water with the hand, getting out all the pulp. To the water and pulp add salt and a little flour to thicken; pour over the cooked meat; boil for a minute and serve. This is one of the most palatable of Mexican dishes.

FILIPINO BEEF

1 pound round beef
½ pound lean fresh pork
1 small onion
1 green pepper
1 teaspoon salt
1 cup stale bread crumbs
1 egg
2 cups stewed tomatoes
2 slices bacon
1 tablespoon butter
1½ tablespoons flour

Remove the seeds from the pepper and run it through the meat grinder with the meat and onion. Add crumbs, beaten egg and seasoning; make into a roll; place in a shallow baking dish; pour the strained tomatoes around it; put the bacon on top and bake forty minutes, basting with the tomatoes. Thicken the gravy with the flour cooked in the butter, and serve.

HUNGARIAN GOULASH

1 pound top round of beef
1 ounce salt pork
1 cup tomatoes
½ stalk celery
1 blade mace
1 small onion
1 bay leaf
3 whole cloves
3 whole peppercorns
Flour
Salt and paprika

Fry the salt pork until a light brown; add the beef, cut into two-inch pieces and sprinkled with flour; cover with water; let simmer for two hours and season with salt and paprika. Then cook the vegetables and spices for twenty minutes in water sufficient to cover them; rub them through a sieve and add to some of the stock in which the meat was cooked. Thicken with flour, using a tablespoonful moistened in cold water to each cup of liquid, and season. Serve the meat on the platter with the sauce poured over it. Potatoes, carrots and green peppers, cooked until tender and cut into small pieces or long narrow strips, are usually put over the top.

SOUR BEEF

Take a piece of beef from the rump or the lower round; cover with vinegar; add sliced onion, bay leaves, a few whole spices and salt. Let it stand a week in winter or three days in summer, turning it every day and keeping it covered. When ready to cook put a piece of fat in an iron pan; brown the meat; then strain the liquid over it and cook until the meat is tender. Remove the meat; thicken the gravy with broken gingersnaps; strain and pour over the meat, adding a few seeded raisins if desired.

BEEF BIRDS

Cut slices half an inch thick from the rump or round of beef; divide them into pieces about four inches square; spread with sausage meat or forcemeat; roll up tightly and fasten with cord or wooden tooth-picks. Brown in butter; cover with broth; stew until tender and nearly dry; thicken the gravy with flour; add a quarter of a cup of tomato or mushroom catsup; bring to a boil and serve.

BEEF LOAF

1½ pounds round steak	Salt and pepper
Small piece of suet	1 small onion
1 cup bread crumbs	Butter

Have a small piece of suet ground with the beef; mix thoroughly with the crumbs, the seasoning and the onion finely chopped. Moisten the crumbs slightly with milk or water. Mold into a loaf; put into a roasting pan with a little water; make indentations in the top of the loaf with the finger and fill with small pieces of butter. Serve hot with brown sauce, or cold, sliced thin.

HAMBURG STEAK

Have lean raw beef finely chopped; season well with pepper and salt and a little chopped onion or onion juice. Mold into cakes and broil in a greased broiler or hot frying pan. When done spread with butter or pour over them a brown sauce made in the pan.

CREAMED BEEF

Take freshly ground meat from the rump or round and cook it in a frying pan with a very little butter, stirring constantly and

sprinkling at every turn with salt, pepper and flour. The meat should lose its red color but not brown. When done, thin with cream or milk; bring to a boil and serve in patty cups or on toast.

MINCED BEEF

Chop beef from the rump or round into small pieces and stew in a little water or milk, seasoning with butter, salt and pepper when the meat is first put in the pan. Serve on buttered toast. The remains of roast beef may also be prepared in this way.

CREAMED FRIZZLED BEEF

½ pound sliced dried beef	½ cup cold water
1 tablespoon butter	1½ cup milk
3 tablespoons flour	1 egg

Buttered toast

Pick the meat over carefully, removing all gristle and breaking it into small bits. If very salty bring to a boil in a little water and drain. Melt the butter in a frying pan; throw in the beef and stir it with a fork until it is cooked, but not browned. Remove the pan from the hottest part of the stove; sift the flour over the meat, stirring all the time; add the cold water and continue stirring until all the water has been absorbed. Then draw the pan to the hot part of the stove and add the milk. Bring all to a boil; add the beaten egg and serve at once on small slices of buttered toast. The egg may be omitted if preferred.

BOILED BEEF'S TONGUE

1 fresh tongue	12 whole cloves
1 chopped carrot	2 bay leaves
1 chopped onion	1 cup raisins

Salt

Wash the tongue; throw it into a kettle of boiling water; bring to a boil; then simmer gently for two hours. Remove the tongue; skin it and put it into a kettle with the vegetables, cloves, bay leaves, raisins and enough of the water in which the tongue was boiled to cover them. Cover the saucepan; stew gently for two hours, adding the salt at the end of one hour; remove the tongue and serve in a border of the carrots and raisins.

SMOKED TONGUE BOILED

Soak the tongue in cold water over night. In the morning cover with fresh water; bring to the boiling point; then simmer gently for four hours or until tender. When thoroughly cooked, remove the tongue; skin it, trim off the smoked parts and serve surrounded with mashed potatoes and garnished with parsley.

VEAL LOAF

3 pounds veal
1 pound salt pork
6 soda crackers
3 eggs
1/4 teaspoon pepper
1/2 teaspoon salt

Roll the crackers fine; mix them with the chopped meat and the other ingredients; shape into a loaf and bake three hours, basting occasionally in the fat rendered from a small portion of the pork and pricking the loaf so that the fat may penetrate. Serve cold sliced very thin.

INDIA CURRY

1 1/2 pounds veal
1/2 cup butter or drippings
2 onions or less
1/2 tablespoon curry or less

Brown the meat without fat and cut into small pieces. Fry the onions in the butter; remove them; add the meat and curry powder; cover with boiling water and cook until tender. Serve in a wide border of rice.

CURRY OF VEAL

2 tablespoons butter or drippings
1 1/2 pounds veal
1/2 onion
1 pint milk
1 tablespoon flour
1 teaspoon curry powder
Salt and pepper

Chop the onion; fry it in the butter; remove and fry the veal until it is brown. Transfer the meat to the double boiler; cover with milk and cook until tender. Add the curry powder shortly before the meat is done and thicken the milk with flour. Serve in a border of rice.

BAKED CALF'S HEAD

Have the butcher split open the head, remove the eyes and chop off the nose. Lay the head in salted water for half an hour; change

the water; wash and cleanse the head thoroughly. Take out the brains; remove all the skin and blood; tie them in a piece of cheesecloth and put them with the head into a large kettle of boiling water. Add salt and boil the head for about two hours, or until the jaw bone can be twisted out of the meat. The brains will be

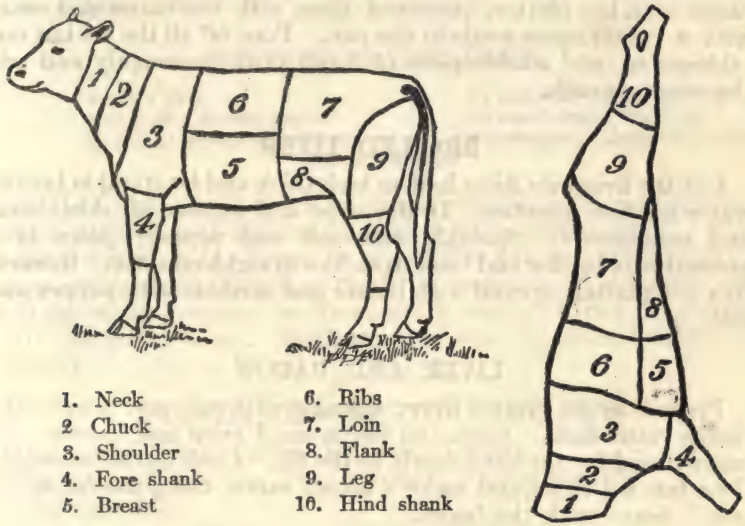


DIAGRAM OF CUTS OF VEAL

cooked in half an hour and should be removed, but kept hot. Take out all the bones from the head, but keep it as nearly whole as possible. Butter a baking dish; lay the brains in it, then the head on them; season plentifully with powdered cloves, salt and pepper; stick small pieces of butter rolled in flour wherever there is a crack or opening, and dust with flour. Mix a little currant jelly with two cups of the broth the head was boiled in, and pour over the head; set in a hot oven and bake until very brown, basting several times.

CALF'S LIVER WITH CREAM SAUCE

Pour boiling water over the slices of liver and let stand five minutes to draw out the blood. Drain, wipe, remove all skin,

white veins and membranes, and dust with flour. Fry several slices of breakfast bacon until crisp; remove them and pour off the fat into a clean frying pan, leaving the salt and sediment. Reheat the fat; put in enough liver to cover the bottom of the pan; cook until done, testing one piece by cutting it with a knife to see whether all pink color is gone from the inside. Arrange the pieces on a hot platter, surround them with the bacon and cover with a cream sauce made in the pan. Pour off all the fat but one tablespoon; add a tablespoon of flour; cook thoroughly and add the cream or milk.

BROILED LIVER

Cut the liver into slices half an inch thick and let stand in boiling water for five minutes. Drain, wipe and remove all skin, veins and membranes. Sprinkle with salt and pepper; place in a greased wire broiler and broil from five to eight minutes. Remove to a hot platter; spread with butter and sprinkle with pepper and salt.

LIVER AND BACON

Prepare as for broiled liver; sprinkle with salt and pepper and dredge with flour. Cook the bacon until crisp and brown; remove it and fry the liver slowly in the fat. Cook until thoroughly done but not dried, and make a brown sauce, using the fat in the pan. Serve with the bacon.

BRAISED LIVER

Calf's or lamb's liver
1 carrot
1 onion
1 stalk celery
3 peppercorns
2 whole cloves
1 bay leaf
2 cups stock or water
Salt pork

Skewer, tie in shape and lard the liver. Cut the vegetables into small cubes; put them in a baking pan with the seasonings and bits left from the lardoons of salt pork; lay the liver on top; pour over all two cups of stock or water; cover closely and bake slowly for two hours, basting occasionally and uncovering the last fifteen minutes. Remove the liver to a platter; surround it with the vegetables; then make a brown sauce, using the strained liquor, and pour over all.

STEWED LIVER

Prepare liver as for broiling; cut in small pieces and sauté about two minutes in hot fat. Put the pieces in a saucepan with a little water, half a lemon sliced, a pinch each of cinnamon, nutmeg and cloves, and stew gently for twenty minutes. Thicken the juice a little and serve.

STUFFED CALF'S LIVER

1 calf's liver	½ cup stale bread crumbs
2 cups thin brown sauce	½ small onion chopped
½ pound chopped cold ham	1 tablespoon chopped parsley

Salt and pepper

Make a dressing of the ham, bread crumbs, onion and parsley, seasoning well and moistening with a little brown sauce. Pour boiling water on the liver; let stand five minutes; then make a deep cut the entire length of the liver, beginning at the thick end. Fill the pouch; skewer the liver; lard it and put it in a baking pan with the brown sauce. Bake one hour and a quarter, basting frequently.

PURCHASING MUTTON OR LAMB

Roasting—hind-quarter, leg, loin, breast.
Broiling—chops from loin, or breast, steaks from leg.
Boiling—leg.
Stewing—chops from fore-quarter, the neck or leg.
Soup—shoulder, neck, leg.
Broth—neck.

SHOULDER OF MUTTON STUFFED

1 cup bread crumbs	Juice of one lemon
2 tablespoons butter	1 teaspoon salt
1 tablespoon chopped parsley	1 saltspoon pepper
1 egg	Shoulder of mutton

Have the blade removed from the shoulder and fill the space with a stuffing made in the usual way. Sew up the opening and roast the shoulder, putting a little water in the pan and basting frequently. Allow from fifteen to eighteen minutes to the pound, and when done make a brown sauce in the pan.

The stuffing may be varied by the addition of chopped meat, celery, onion, oysters, mushrooms, etc.

HARICOT OF MUTTON

2 tablespoons chopped onion
2 tablespoons butter or drippings
Salt and pepper
2 cups water
1½ pounds mutton or lamb
Cooked lima beans

Select lean meat and cut it into two-inch pieces. Fry the onions in the butter; add the meat; season and brown; cover with water;

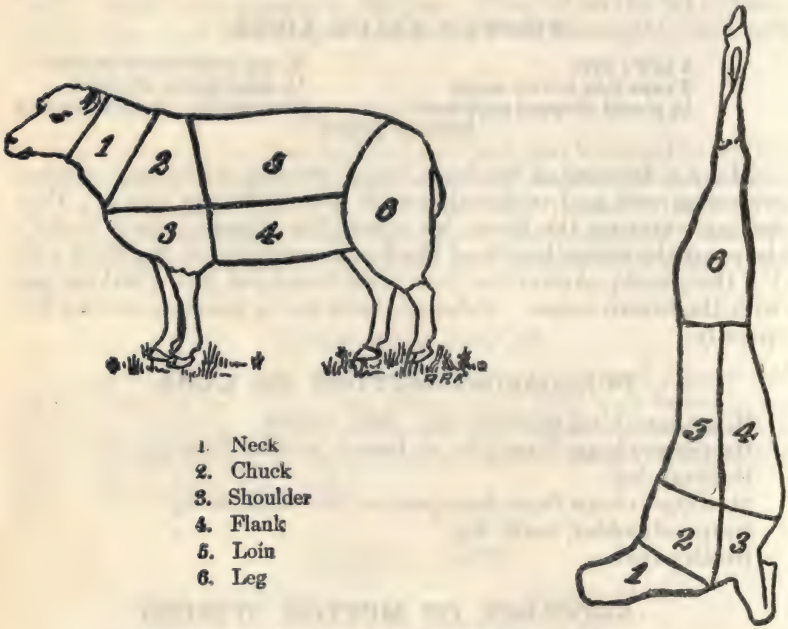
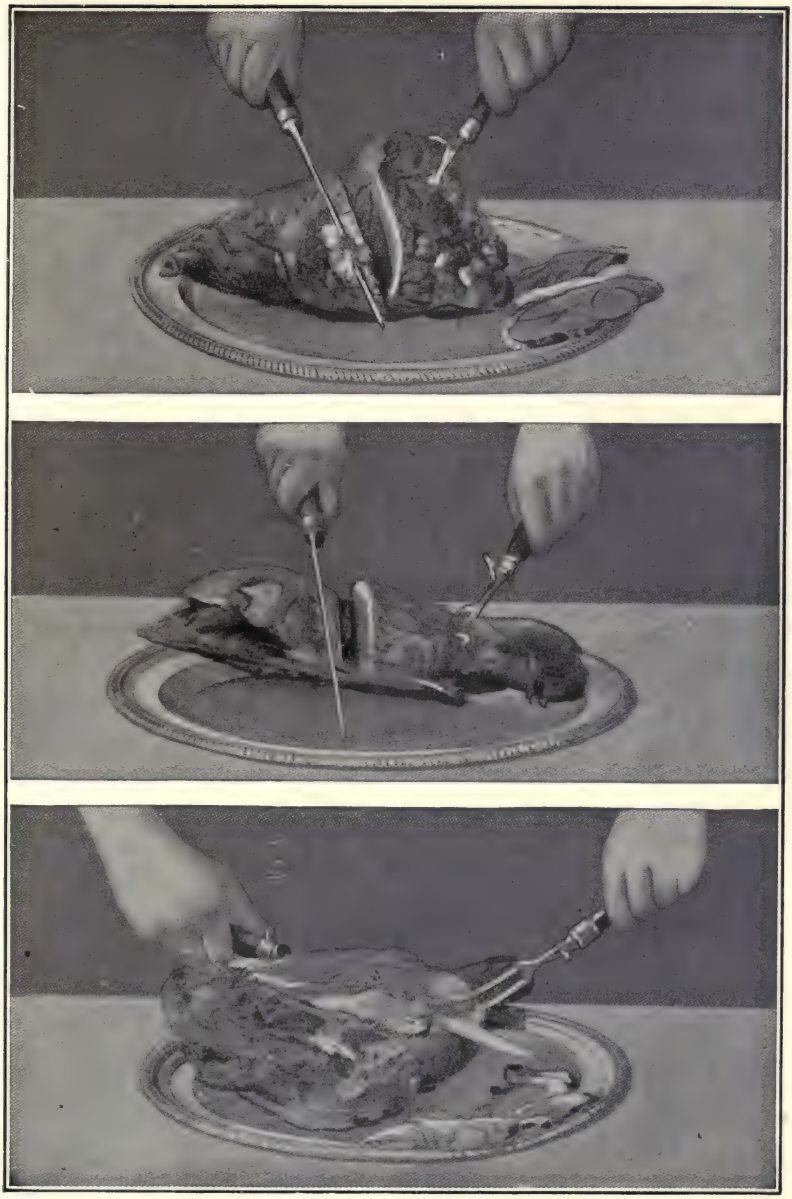


Diagram of Cuts of Lamb and Mutton

cook until tender and serve in a border of lima beans, well cooked and seasoned with salt, pepper, butter and chopped parsley.

BOILED SHOULDER OF MUTTON

Bone the shoulder; fill the space with pine nuts; dust all with flour; wrap in cheesecloth and plunge in a kettle of boiling water. Boil rapidly for five minutes; then simmer for two hours. Serve with caper cauce.



CARVING

Leg of Mutton Shoulder of Mutton Shoulder of Mutton

RAGOUT OF MUTTON

1½ pounds neck of mutton
1 tablespoon butter
1½ tablespoons flour
1 chopped onion
1 carrot cut in dice
2 cups hot water
1 teaspoon salt
¼ teaspoon pepper
Sprig of parsley
1 bay leaf
1 whole clove
½ can peas

Put butter in the frying pan; when melted, add flour and brown. Add carrot, onion and meat and cook until all are browned. Put in a kettle; add water, salt and pepper and the herbs, tied in a bouquet so that they can be removed. Cover and simmer for two hours, adding the peas ten minutes before serving and removing the herbs.

IRISH STEW

Neck of mutton
1 tablespoon butter or drippings
2 onions
6 parboiled potatoes
1 carrot
Salt and pepper

Cut the meat into pieces two inches square, brown in the butter; add water to cover the meat and the onions sliced. Cover closely and simmer two hours. Add more water if necessary, parboiled potatoes cut in half, a sliced carrot and seasoning. Cover and cook one hour longer; let the potatoes be soft but not broken. Thicken as desired.

A bay leaf cooked with the meat or a little Worcestershire sauce added to the gravy when finished improves the flavor.

PLANKED CHOPS

Broil some thick chops on one side and arrange them cooked side down, overlapping each other on the hot plank. Season with salt, pepper and butter. Cook for twenty minutes, basting frequently. Decorate with a border of mashed potatoes pressed through a bag and a star tube. Fill in with hot vegetables. Serve at once with brown sauce.

MUTTON CHOPS WITH PEAS

Broil the chops as usual and have green peas boiled. Heap the peas in the center of a round chop plate; decorate the chops with paper ruffles and arrange them symmetrically around the peas.

ROAST PORK

Select leg, loin, spare-rib or shoulder. If the skin is left on, cut it with a sharp knife in lines running both ways. Add water and bake in a moderate oven, allowing from twenty to thirty minutes to the pound. Serve with apple sauce.

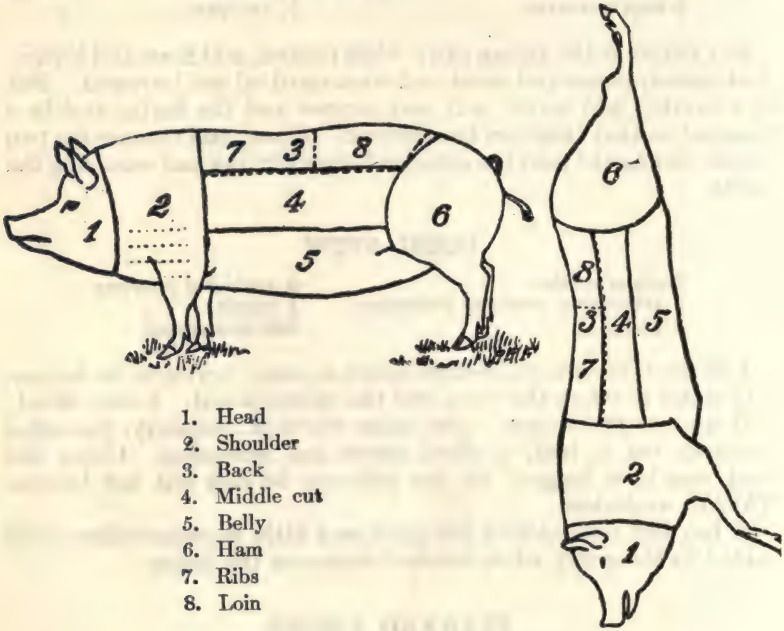


Diagram of Cuts of Pork

PORK CHOPS

Have chops cut not more than a half inch thick. Place them in a hot pan and cook slowly until tender and brown. Serve with fried apples.

BOILED HAM

Let the ham soak in cold water over night; wash thoroughly trim off the hard skin near the end of the bone; put in a kettle of cold water; heat to boiling point and cook slowly until tender

allowing from fifteen to twenty minutes to the pound. Let it remain in the water until cold; then skin it and cut in thin slices.

BAKED HAM

Soak and prepare the ham as for boiling. Boil slowly for several hours; take out the ham; remove the skin; trim off the black and smoked parts; paint all over with yolk of egg; sprinkle thickly with fine bread crumbs; put in the oven and bake for about an hour, basting frequently with a mixture of water and currant jelly. Trim the knuckle with paper ruffles and serve hot.

FRIZZLED HAM

Shave uncooked ham as thin as paper, fat and lean together; put in a frying pan over a quick fire; stir constantly until it begins to brown and curl. Add several tablespoons of boiling water; bring to a boil and serve.

STEWED HAM

Cut a thin slice of ham; divide into narrow strips two inches long; pour boiling water on it; let stand until cold; drain off the water and put the ham in a frying pan. Add a bunch of chopped parsley and about a cup of cream; stew for five minutes and serve.

BROILED HAM

Take a thin slice of ham; pare off the skin; remove the brown fat from the under side of the slices and lay them on a gridiron over a hot fire. When the fat is slightly browned turn over and cook the other side in the same way. If the ham is very old and salty it should be stewed a few minutes before either broiling or frying. Let it simmer in a frying pan; pour off the water and dry on a clean towel.

HAM AND EGGS

Have the slice of ham cut as thin as possible; place it in a heated pan and fry until it is slightly browned on both sides. Lift out the ham; break the eggs into the pan; season and let them fry until the whites are set. Remove them with a cake-turner; place over the ham and serve, garnished with parsley.

BACON AND EGGS

Have the bacon cut into very thin slices; put them in a frying pan over a slow fire until most of the fat is extracted. Remove the bacon; break the eggs into the pan carefully; season and cook until the whites are set; lift out with a cake-turner and serve immediately, garnished with the bacon.

SALT PORK IN MILK

1 pound salt pork
2 cups skim milk
4 tablespoons fat
4 level tablespoons flour

Cut the pork into thin slices; cover with hot water; let stand for ten minutes and drain. Score the rind of the slices; fry until a golden brown and serve in a milk sauce. Heat the flour in some of the fat that has been rendered in frying the pork; add the milk gradually; bring to a boil and pour over the slices of pork or empty into a gravy boat.

MEAT POT-PIE

Cut beef, chicken, or other meat into pieces; put in boiling water; cover and cook until tender, seasoning to taste. When the stew is done add drop dumplings and serve.

A little chopped hard-boiled egg, parsley, bay leaf or other herb lends variety to the pot-pie.

PIGS' FEET IN JELLY

2 pair feet
3 quarts cold water
Salt and pepper
1 teaspoon powdered allspice
½ teaspoon powdered cloves
Pinch of powdered mace
1 cup vinegar

Clean the feet and put them over the fire in the water. Boil slowly until the meat falls from the bones; strain through a colander; return the broth to the kettle and boil until reduced to one pint. Remove all the meat from the bones; cut it into small pieces and add the seasonings. When the broth is reduced, add the meat and vinegar; let simmer two or three minutes; then pour into molds. Serve on the following day, emptying the molded jelly upon a platter and garnishing with parsley or other green.

TRIPE

Soak the tripe for several hours; scrape clean; put in salted water and simmer for three or four hours. Drain off the water and set the tripe aside until ready to use. To one cup of cream sauce add a half teaspoon of onion juice and a cup of the boiled tripe. Stir until the tripe is heated and serve.

BROILED SWEETBREADS

Wash the sweetbreads and blanch them for five minutes in boiling water; lay them in a greased oyster broiler over a bright fire, turning frequently and brushing with butter whenever turned. When done remove carefully to a platter; season with pepper, salt and butter, and serve with peas.

STEWED SWEETBREADS

1 pair sweetbreads
1/4 cup butter
1 tablespoon flour
1 cup cream
1 tablespoon chopped parsley

Wash the sweetbreads and blanch them for a few minutes in boiling water; then lay them in cold water for ten minutes. Put them in a saucepan with water to cover; stew until tender; add the quarter of a cup of butter, rubbed into the tablespoon of flour, the chopped parsley and a cup of cream. Boil three minutes and serve.

STEWED KIDNEYS

Beef, calf or lamb kidneys
Flour
1 tablespoon butter
1/2 tablespoon onion juice
3/4 cup water
2 tablespoons currant jelly
Salt and pepper

Be sure that the kidneys are fresh. Remove all fat and white center; then soak them for an hour in salted water. Cut into half-inch slices, dust with flour and sauté in the butter for about five minutes. Add onion juice and water and simmer for about ten minutes. Add jelly, salt and pepper, and serve.

TOMATO SAUCE

1 cup cooked tomatoes
1 bay leaf
Dash of red pepper
½ teaspoon salt
1 teaspoon onion juice
1 tablespoon butter
1½ tablespoons flour

Add the seasonings to the tomatoes and let them boil for a few minutes. Melt the butter in a separate saucepan; stir in the flour; then slowly add the tomatoes, strained. Bring to a boil and serve.

CREAM OF TOMATO SAUCE

Make a plain cream sauce and just before serving add a cup of hot cooked tomatoes, strained. Add a pinch of soda to the tomatoes before mixing them.

ANCHOVY SAUCE

3 anchovies
1 tablespoon butter
1 tablespoon flour
½ tablespoon catsup
Dash of red pepper
½ cup boiling water
1 tablespoonful lemon juice

Bone the anchovies and pound them to a paste. Melt the butter; stir in the flour and when smooth add the anchovies, pepper and catsup. Mix well; pour the hot water over all; boil two minutes, stirring constantly; add the lemon juice and serve with boiled or baked fish.

WHITE SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup milk
½ teaspoon salt
Dash of red pepper

Make exactly the same as cream sauce, modifying it if desired by the addition of other flavorings.

HORSERADISH SAUCE

½ cup milk
1 tablespoon cracker crumbs
1 tablespoon butter
1 tablespoon horseradish
Salt to taste

Heat the milk with the cracker crumbs in a double boiler; add the other ingredients; boil several minutes and serve with boiled beef.

MUSHROOM SAUCE

6 mushrooms
½ tablespoon butter
Salt and red pepper
Juice of ½ lemon
1 tablespoon mushroom catsup
¼ cup stock
1 teaspoon flour

Clean the mushrooms; cut them into small pieces; put them in a saucepan with the butter, salt and pepper, lemon juice and catsup; stew until tender; add the stock and the flour mixed with a little cold water; bring all to a boil and serve with beefsteak or game.

OYSTER SAUCE

25 oysters
1 pint cream sauce

Drain the oysters, saving the juice, and wash them. Strain the juice; bring it to a boil; skim and add the oysters. Cook until the edges of the oysters begin to curl and at the moment of serving add to the cream sauce. Add more seasoning if desired, but do not add it until the sauce is removed from the fire, as salt is apt to make the mixture curdle.

SAUCE SUPRÊME

2 tablespoons butter
2 tablespoons flour
1 tablespoon hot cream
1 cup chicken stock
½ teaspoon lemon juice
1 tablespoon chopped parsley
Salt and pepper

Melt the butter, but do not brown it; add the flour as in cream sauce, then the cream and stock gradually, and the seasoning and lemon juice after it is taken from the fire.

CAPER SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup meat broth
1 teaspoon onion juice
½ teaspoon salt
Dash of pepper
1 tablespoon capers

Melt the butter; add the flour, then the broth and seasoning, stirring to prevent lumps. When it boils, add the capers; stand over hot water for ten minutes and serve.

CELERY SAUCE

1 stalk celery
1 cup salted water
1 cup cream sauce

Wash the celery and cut it into pieces one half inch long. Let it cook in the salted water until tender; drain thoroughly; stir the cream sauce into it; bring to a boil and serve with poultry or game.

BÉCHAMEL SAUCE

2 tablespoons butter
1½ tablespoons flour
½ cup white stock
½ cup cream
¼ teaspoon salt
Dash of pepper

Melt the butter; cook thoroughly with the flour; add the stock gradually, then the cream and seasoning.

CRANBERRY SAUCE

1 pint cranberries
1¼ cups water
Sugar

Put the cranberries on with the water and cook until soft; strain through a cloth; weigh and add three fourths of a pound of sugar to every pint of juice. Cook ten minutes; pour into molds and set aside to cool. Serve with poultry, game or mutton.

STEWED CRANBERRIES

3 cups cranberries
1½ cups sugar
1 cup water

Boil together the sugar and water for seven minutes; then add the cranberries, well washed and picked, and cook until the berries burst. Serve the same as cranberry sauce.

JELLY SAUCE

1 tumbler currant or grape jelly
1 tablespoon butter
1 tablespoon lemon juice

Melt the jelly, adding the butter slowly. Boil for one minute and just before serving add the lemon. This is served with game, lamb or mutton.

ORANGE SAUCE

1 tablespoon butter
1 tablespoon flour
1 cup poultry stock
1 orange
Salt and pepper

Follow directions for making brown sauce. Add the shredded peel of the orange, and simmer until peel is tender. Add the juice of the orange just before serving. Serve with goose or duck.

APPLE SAUCE

Pare and quarter tart apples. Put them in a saucepan with just enough water to keep them from burning; bring to a boil quickly and cook until the pieces are soft. Then press through a colander and add four tablespoons of sugar (or less) to each pint of apples.

If desired, cinnamon or grated nutmeg may be sprinkled over the top after the apple sauce is in the serving dish, or a little stick cinnamon or lemon peel may be cooked with the apples. Serve with goose or pork.

SUITABLE SAUCES TO SERVE WITH CERTAIN MEATS, FISH, AND VEGETABLES

Beef, Roast—Horseradish, brown, tomato, or jelly sauce.
Veal, Roast—Brown, tomato, or horseradish sauce.
Mutton, Roast—Sauce piquante, jelly, curry, or mint.
Mutton, Boiled—Sauce piquante.
Lamb, Roast—Mint, caper, curry, or jelly sauce.
Pork, Roast—Apple sauce, sauce piquante, or brown sauce.
Beefsteak, Broiled—Maître d'hotel butter, or mushroom sauce.
Goose or Duck—Apple sauce, jelly sauce, orange sauce.
Chicken or Turkey, Roast—Cranberry sauce; giblet, celery, or oyster sauce.
Chicken, Boiled—Sauce suprême, white sauce, oyster sauce.
Chicken, Fried—Brown, celery, or egg sauce; sauce suprême.
Warmed-over Poultry—Béchamel, white, or egg sauce.
Fish, Boiled or Baked—White, egg, or caper sauce.
Fish, Fried—Tartare sauce.
Vegetables, Boiled—Cream sauce, drawn butter.

For coloring and flavoring brown sauces and soups a tablespoon of "Browning for Sauces" may be used. See next page.

BROWNING FOR SAUCES

1 cup sugar
1 small onion
1 small carrot
1½ cups boiling water
½ teaspoon pepper
1 teaspoon salt

Chop the onion fine, and cut the carrot into dice. Cook the carrot and one-half the onion in the boiling water. Melt the sugar in an aluminum or iron pan, letting it cook until it smokes and turns deep brown in color. Add the uncooked onion. Take from the fire. Add the boiling water, vegetables, pepper and salt. Cook slowly five minutes. Strain, cool, and bottle for use. By many people a little parsley, and celery seed are liked for additional flavor. If used, they are cooked in the boiling water.

EGGS

Columbus made an egg stand on end,—and then discovered a new world!

—*Fables of a Rolling Pin.*

In marble walls as white as milk,
Lined with a curtain soft as silk;
Within a fountain crystal clear,
A golden apple doth appear.
No doors there are to this stronghold—
Yet folk break in and steal the gold.

—*Mother Goose.*

EGGS

EGGS are a highly concentrated food, a pound (about nine) being nearly equal in nutritive value to a pound of beef. They make an excellent meat substitute, but when so used should be served with starchy foods, since they lack in fuel value.

Eggs should not be cooked at a high temperature, intense heat causing albumen to harden and become difficult of digestion.

BOILED EGGS

Soft-boiled eggs may be prepared in two ways. The eggs may be dropped carefully into boiling water and boiled three minutes, or they may be placed in a covered vessel of boiling water and allowed to stand in a warm place (but not on the stove) for ten minutes. Eggs prepared in this way are sometimes called "Coddled Eggs." They are much more delicate and digestible than the usual "Boiled Eggs."

"Hard-boiled" eggs should be put into cold water and brought to the boiling point. Let them cook just below the simmering point for twenty or thirty minutes, and then drop them into cold water to prevent the yolk from turning dark.

POACHED EGGS

Bring salted water to a boil in a shallow vessel; remove from the fire and slip the eggs carefully into it, breaking each into a small saucer first. Place the pan over a moderate fire and let the water come slowly to a boil. By this time the whites of the eggs should be delicately set. Lift the eggs carefully; trim off the ragged edges and serve on slices of buttered toast.

FRIED EGGS

Melt in a frying-pan a large piece of butter; or use the fat of ham or bacon. When hot, drop in the eggs, one at a time, being careful not to break the yolk. When the white of the egg

is set they are done, though some persons like them turned over and cooked on the other side. Remove from the pan with a cake-turner and serve at once.

SHIRRED EGGS

Eggs may be shirred in one large baking dish or pan, but are better and look more tempting in individual ramekins or custard cups. Place a small piece of butter in the bottom of each; break the egg; drop it in without breaking the yolk; season with pepper and salt and put another small piece of butter on the top. Bake in a hot oven until the white is set, and serve immediately.

SCRAMBLED EGGS

4 eggs
4 tablespoons milk or water
½ tablespoon butter
Salt and pepper

Break the eggs in a bowl and beat them thoroughly; add the milk and seasoning and beat again. Melt the butter in a frying-pan over the fire; pour in the eggs; stir occasionally but not constantly until they thicken; then serve at once.

GRIDDLED EGGS

Heat a griddle as if for baking cakes; butter it lightly and arrange small muffin rings on it. Drop an egg in each and turn as soon as lightly browned. Griddled eggs resemble fried eggs but are far more delicate.

CURRIED EGGS

6 hard-boiled eggs
1 cup curry sauce
½ teaspoon salt
¼ teaspoon pepper

Cut the eggs in half and slice enough of the white off the end of each to make them stand upright. Sprinkle with salt and pepper and serve on a hot platter with the sauce poured around them.

PLAIN OMELET

4 eggs
4 tablespoons milk or water
Salt and pepper
½ tablespoon butter

Beat the eggs very light, yolks and whites separately; then fold the whites into the yolks. Add the seasoning and milk. Melt

the butter in a frying-pan; pour in the omelet; brown carefully; fold over and serve on a hot platter. Garnish with parsley or olives.

HAM OMELET

Make the same as plain omelet, adding one half cup of minced ham after the omelet is in the pan. When folded over and served the ham will be completely concealed.

SAVORY OMELET No. 1

6 eggs
2 teaspoons chopped parsley
2 teaspoons chopped onion
Salt and red pepper
2 tablespoons grated cheese

Beat the yolks of the eggs thoroughly with the seasonings; beat the whites to a stiff froth and fold them into the yolks. Pour into a buttered pudding dish; sprinkle with grated cheese; bake for about fifteen minutes and serve at once.

SAVORY OMELET No. 2

6 eggs
½ teaspoon salt
½ saltspoon pepper
2 tablespoons gravy
1 tablespoon butter
1 tablespoon chopped parsley
1 tablespoon chopped onion
1 tablespoon lemon juice

Break the eggs into a bowl; add the salt and pepper and gravy and beat well. Put the butter in the pan and when hot pour in the egg mixture. Add the parsley and onion; cook until a light brown; fold over and serve, pouring on the lemon juice after the omelet is on the platter. Garnish with parsley or slices of lemon.

RICE OMELET

1 cup milk
1 cup cold boiled rice
3 eggs
2 tablespoons butter
½ teaspoon salt

Warm the milk in a double boiler; add the rice and one tablespoon of butter; mix thoroughly; then add the eggs, well-beaten and seasoning. Melt the other tablespoon of butter in a frying-pan and when hot turn into it the rice mixture. Let it brown slightly; put in the oven until it is "set"; fold over and serve garnished with parsley.

SWEET OMELET

4 eggs
4 tablespoons milk
4 teaspoons powdered sugar
½ tablespoon butter
4 tablespoons marmalade or jelly

Make the same as plain omelet, adding the marmalade or jelly just before the omelet is folded over. Sprinkle with sugar and serve garnished with preserved cherries or candied fruit.

CRUMB OMELET

½ cup grated bread crumbs
½ cup cream
3 eggs
Salt and pepper
½ teaspoon chopped parsley
½ teaspoon chopped onion
1 tablespoon butter

Beat the eggs separately and then together; season and add the parsley and onion. Pour the cream over the bread crumbs and mix them with the eggs; empty all into a hot pan in which the butter has already been melted; spread evenly over the pan; brown carefully; fold one half over the other; lift to a hot platter and serve, garnished with parsley or slices of small white onion.

TOMATO OMELET

2 large ripe tomatoes
1 teaspoon flour
2 tablespoons butter
3 eggs

Peel the tomatoes; chop them fine; season with pepper and salt; dust with the flour; mix it in so that there are no lumps; then add a tablespoon of butter, melted. Beat the eggs, separately and then together; add them to the tomatoes and mix well. Put a second tablespoon of butter in a frying-pan; pour in the omelet; brown slowly; fold over and serve on a hot dish garnished with parsley or slices of red tomato.

CORN OMELET

4 eggs
2 ears corn
Salt and red pepper
1 tablespoon butter

Beat the yolks and whites of the eggs separately and then together; grate the corn and add it to the eggs with the seasoning. Melt the butter in a frying-pan; pour in the omelet; brown carefully; double over and serve.

OYSTER OMELET

Make the same as the corn omelet, substituting one dozen finely chopped oysters for the corn.

CODFISH OMELET

1 cup shredded codfish
2 eggs
1 cup milk
Dash of red pepper
½ tablespoon butter
½ tablespoon flour

Cover the codfish with cold water; cook half an hour in a closely covered pan; strain through a colander and return to the pan. Beat the eggs, separately and then together with the milk; add the red pepper and pour over the codfish. Rub the butter and flour together; stir it into the fish and egg; cook gently until it thickens and serve at once.

CHEESE OMELET

4 eggs
4 tablespoons milk
¼ pound cheese or less
Red pepper and salt
1 tablespoon butter

Beat the whites and yolks of the eggs separately; stir them together; then add the milk. Place the butter in a frying-pan over the fire, and when it is hot pour the mixture in, sprinkling it with salt and red pepper. Then add the cheese, which should be grated or broken into small pieces. Brown the omelet carefully; fold over and serve, garnished with olives or parsley. It is better if the cheese does not melt, but is simply heated through.

BAKED OMELET

2 tablespoons butter
2 tablespoons flour
1 cup milk
6 eggs
½ teaspoon salt

Put the butter in a pan over the fire; when melted add the flour; mix well; then add the milk gradually, stirring until thick and smooth. Add the salt and set aside to cool. Beat the eggs, yolks and whites separately; fold first yolks and then whites into the cream sauce; pour into a baking dish, and bake in a moderate oven for about fifteen minutes. Serve at once.

BAKED EGGS À LA MARTIN

2 tablespoons butter
2 tablespoons flour
1 pint milk
1 level teaspoon salt
6 eggs
½ cup grated cheese
Red pepper

Make cream sauce as for baked omelet; pour half of it into a baking dish; break over it six eggs, and cover them with the remaining half of the sauce. Sprinkle red pepper and the grated cheese over the top and bake in a moderate oven for ten or fifteen minutes.

WELSH RAREBIT

2 cups grated cheese
Yolks of 2 eggs
½ cup milk
Salt and red pepper
4 slices buttered toast

Place the milk in a pan over a moderate fire; when hot, add the cheese; stir until the cheese is thoroughly melted; then add the eggs and seasoning and pour over the toasted bread.

GOLDEN BUCK

1 cup milk
2 cups grated cheese
¼ teaspoon mustard
½ teaspoon salt
Dash of red pepper
6 squares toast
6 poached eggs

Let the milk come to the boiling point; add the cheese; then the mustard, pepper and salt. Have the poached eggs ready on a platter and as soon as the cheese is melted pour the mixture around, not over the eggs. Garnish with parsley.

OX EYES

4 round slices bread
1 beaten egg
Pinch of salt
½ cup milk
4 eggs

Cut the bread two inches thick; remove the crust and with a round biscuit-cutter take the center out of each slice. Add the milk and salt to the beaten egg; place the bread in a buttered baking dish and baste with the egg and milk. Break an egg in the center of each slice; place in a hot oven and bake until the whites of the eggs are set.

BIRDS' NESTS

Have prepared slices of buttered toast, and on each slice put the beaten white of an egg in the shape of a bird's nest. In the center place the yolk, seasoning with a small piece of butter, pepper and salt. Bake in a quick oven until the whites are delicately browned.

KEDGAREE

½ cup codfish
½ cup boiled rice
Dash of red pepper
¼ teaspoon onion juice
4 eggs

Soak the codfish in cold water; drain; place over the fire in fresh water; bring to a boil and drain again. Mix with the rice; add the seasoning; place in a hot buttered pan and stir until the entire mixture is heated. Then add the eggs, well beaten; cook for a minute and serve.

BEAUREGARD EGGS

6 eggs
1 cup cream sauce
6 slices buttered toast

Put the eggs in the water over the fire and let them "simmer" for twenty minutes. Prepare the toast and set it in the oven to keep hot. Remove the eggs from their shells; cut them in halves lengthwise or chop them fine and put them over the toast. Make a cream sauce; pour over all; garnish with parsley and serve.

EGGS JAPANESE

6 eggs
4 sardines
1 teaspoon anchovy paste
½ teaspoon onion juice
Salt and pepper
2 cups boiled rice
1 cup cream sauce

Boil the eggs for fifteen minutes; remove the shells and cut them in halves lengthwise. Take out the yolks; mash them; mix with the sardines, minced; add the seasoning and return to the egg cavities. Place the rice in a mound on a heated platter; on it arrange the eggs; cover all with cream sauce; garnish with parsley and serve.

SPANISH EGGS

2 slices onion
1 tablespoon olive oil
2 cups mushrooms
1 cup cooked tomatoes
2 tablespoons tongue
Dash of red pepper
1 saltspoon salt
3 eggs

Cook the onion in the oil until light brown; add the mushrooms, tomatoes, seasoning and tongue, minced fine. Last of all, add the eggs, unbeaten. As soon as the eggs are set the mixture is ready to serve.

MEAT SUBSTITUTES

If the heat of summer, the health of the body, or any other reason, make it desirable to reduce the daily meat ration, no one need be concerned; the bounty of Nature provides many healthful and agreeable substitutes.

—*Everyday Science.*

MEAT SUBSTITUTES

THAT meat in the diet is not essential for efficiency—for many people at least—is shown by the fact that a Chinese coolie, for a day's work, carried a pack of tea weighing a hundred and fifty pounds over forty miles of road on a diet almost exclusively of rice; that the almost indefatigable Japanese soldiers are rice-fed; that a vegetarian won the recent walking race of the British Isles from Land's End to John o' Groats, doing the nine hundred and eight miles in less than seventeen days.

Whether or not the use of meat is best for health and efficiency has never been fully agreed upon. It is more or less a personal question, depending to a great extent upon the dietary habits formed in childhood, and upon one's occupation; but doubtless we, as a nation, eat too much meat. In many American homes, meat is eaten three times a day. This mistaken idea of being well-fed may have come about because of lack of knowledge of the amount of protein contained in some other foods.

A quart of milk, three-quarters of a pound of moderately fat beef, and five ounces of bread, all contain about the same amount of nutritive material. The milk comes the nearest of being a perfect food. Cheese, made of the curd of milk, stands almost at the head of the list of foods as far as nutritive value is concerned; but in large amounts, or when cooked at high temperature, it is not readily digested by some people. In cooking, it should be diluted with milk or used with other food, because it is so highly concentrated; and it should be well masticated. The question of digestion is again a personal one, about which no wholesale statement can be made. It is well to serve such green vegetables as lettuce, watercress, celery, with this concentrated food.

In looking for ideal meat substitutes, eggs immediately suggest

themselves, not only because of their high nutritive value, but because of their pleasing appearance when cooked, and because of the great variety of dishes which can be made from their use.

Among vegetables rich in protein and in fuel value, dried beans, peas, and lentils are excellent substitutes for meat. They contain as much protein as meat, and their fuel value is almost equal to that of cheese, and they are used extensively by people who, either from choice or necessity, eat little or no meat. Care must be taken, however, to have them *very thoroughly cooked*. The impoverished Mexican uses at almost every meal the native bean or frijole, made palatable with green vegetables and chile or red pepper. There is a Hindoo proverb, "Rice is good, but lentils are my life," showing in what esteem the protein of the lentil was held even among ancient peoples.

Nuts also are used as substitutes for meat; for they are very rich in oil, with only a small percentage of starch and sugar, and are also rich in nitrogen (protein). Though frequently indigestible when used by themselves, if properly combined with other foods, they should be quite easy of digestion by any normal person.

DINNERS WITHOUT MEAT

Monday

Black Bean Soup

Baked Omelet — Creamed Onions

Baked Potatoes

Lemon Meringue — Coffee

Tuesday

Vegetable Soup

Lentils à la Creole — Mashed Potatoes

Cauliflower Salad

Coffee Jelly — Peanut Cakes

Wednesday

Peach Cocktail

Baked Macaroni with Cheese — Stewed Onions

Lettuce Salad

Stewed Fruit — Sponge Cake

Coffee

Thursday

Cream of Tomato Soup

Cheese Omelet — Creamed Potatoes

Asparagus

Frozen Strawberries — Wafers

Friday

Cream of Asparagus Soup

Boston Baked Beans — Brown Bread

Green Peas

Fruit Salad

Nuts — Crackers — Cream Cheese

Saturday

Vegetable Soup

Corn and Cheese Soufflé

Candied Sweet Potatoes — Scalloped Tomatoes

Watercress

French Tart — Coffee

Sunday

Cream of Corn Soup

Nut Roast — Baked Rice

Green Peas

Grape-fruit Salad

Maple Mousse — Kisses

DRIED PEAS, BEANS AND LENTILS

The dried legumes are excellent if properly cooked, and form a palatable dish if simply boiled until tender and seasoned with butter, pepper and salt.

The first important step is the swelling and softening of the legume by soaking in water a number of hours, usually not less than eight, and the removal of such parts as will not soften by cooking. The skin of the ripened pea and lentil is easily removed, and both peas and lentils are therefore more easily prepared than beans. Many kinds of beans, however, after proper soaking may be freed from their skins by stirring in water. The skins rise to the top and can be skimmed off. The large lima beans after soaking may easily be slipped out of the skins by pressing them between the fingers.

Soft water should be used for both soaking and boiling the legumes; but if neither is available, simply boil the water before using and pour it from the sediment. In soaking beans baking soda may be used to soften the water (using a quarter teaspoon of soda dissolved in one quart of water to every pound of beans),

as it increases the digestibility of the beans and does not destroy the flavor.

Dried peas, beans and lentils are better if cooked slowly all day. If desired, the flavor may be improved by the addition of onion, flavoring herbs or meat stock. The legumes may be left whole or mashed through a sieve. In either case they will be greatly improved by the addition of butter and abundant seasoning; the salt should be cooked with them, allowing one half tablespoon for one pint of beans, and the pepper added with the butter.

LENTILS À LA CREOLE

½ cup lentils
1 tablespoon butter
1 green pepper
1 small onion
1 cup tomatoes
Salt and pepper
1 cup boiled rice

Let the lentils soak over night in water, adding a pinch of baking soda if the water is hard. In the morning, drain; cover with fresh water and let simmer for one half hour; drain again; cover with hot water and let simmer slowly until the lentils are tender. Put the butter in a saucepan and melt; add the pepper and onion, both finely chopped; stir and cook until the butter is browned. Add the tomatoes, canned or raw; season to taste; and into them empty the lentils after they have been drained and mashed through a colander. Cook slowly for about thirty minutes; pour into a deep platter and surround with a border of rice.

BAKED LENTILS

1 pint lentils
1 pint water
3 ounces salt pork
½ small onion
½ teaspoon salt
¼ teaspoon pepper

Pick and wash the lentils and soak them in cold water over night. In the morning put them over the fire in a large saucepan with about a quart of water. As soon as the water begins to boil the lentils will rise to the top. Remove them with a skimmer; put them in a deep baking dish with the pork and onion in the center, and pour over them the pint of boiling water, in which the salt and pepper have been mixed. Bake in a moderate oven four or five hours. The lentils must be kept moist and it may be necessary to add a little water from time to time.

BAKED BEANS

1 pint dried beans
¼ pound salt pork
1 cup water
½ teaspoon salt
Dash of pepper
1 tablespoon molasses

Soak the beans over night, adding a little soda to the water. In the morning cook them gently until the skins begin to break; then drain off the water, saving one cup. Empty the beans into a baking dish; bury the pork in them, rind side up, and pour over them the cup of water saved, into which has been stirred the salt, pepper and molasses. If desired, a little mustard or onion or more molasses may be added. Cover the beans and let them bake in a slow oven for four or five hours. Serve with Boston brown bread.

PURÉE OF DRIED BEANS

1 pint beans
1 tablespoon butter or drippings
½ teaspoon sugar
½ teaspoon salt
½ saltspoon pepper
1 cup hot milk

Cook the beans until very soft; drain well, saving the water, and rub through a purée sieve. Put one pint of the strained beans in a saucepan with the butter or savory drippings and seasoning and add the hot milk gradually until a thick mush is formed. Heap the purée in the center of a hot platter and garnish with fried bacon, sausages or mutton chops.

A soup may be made with the water in which the beans were cooked and the remainder of the strained beans.

Dried peas may be prepared in the same way.

DRIED BEANS SAUTÉ

1 pint beans
1½ tablespoons butter or drippings
½ tablespoon salt
¼ teaspoon pepper

Soak the beans and cook them until tender but not broken; then drain off the water and save it for soup. Put the butter or savory drippings in a pan over the fire and when hot put in the drained beans which have been seasoned. Cook over a hot fire for fifteen minutes, frequently turning the beans with a fork; then cover and let them cook for half an hour where they will not burn. If desired moist, a half cup of stock, milk or water may be added before putting them to cook for the last half hour.

BEANS MEXICAN

2 cups pink beans
6 cups water
1 small onion
1 tablespoon drippings
1 chile pepper
Salt

Wash the beans and soak them in the water over night. In the morning add the onion; boil gently until soft; then drain, saving the water. Put the grease in a large skillet; when sizzling hot add the drained beans and stir thoroughly until each bean seems to have a coating of the fat and begins to burst. Add one cup of the water in which the beans were boiled; gently crush a few of the beans to thicken it; add the remainder of the water, salt to taste and the chile pepper, finely chopped. Simmer until the beans are almost dry and serve.

COTTAGE CHEESE

Set a gallon or more of thick sour milk in warm water, or in a warm place until it reaches a temperature of 180° F. Let stand at this temperature for an hour or more, until the curd separates from the whey and seems firm. Turn gently into a piece of cheesecloth; hang up to drain for several hours; chop and mix salt and cream through the mass, working the mixture well with the hands.

BOSTON ROAST

1 pound cooked kidney beans
½ pound grated cheese
Bread crumbs
Salt and red pepper
Butter and water

Mash the beans or put them through a meat grinder; add the cheese, salt and sufficient bread crumbs to make the mixture stiff enough to form into a roll. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce.

PIMIENTO ROAST

2 cups cooked lima beans
¼ pound cream or cottage cheese
3 canned pimientoes
Bread crumbs
Butter and water

Chop the first three ingredients or put them through a meat chopper; mix thoroughly and add bread crumbs until the mixture is stiff enough to form a roll. Brown in the oven, basting occasionally with butter and water.

BAKED MACARONI WITH CHEESE

1 cup broken macaroni
2 quarts boiling salted water
1 pint cream sauce
1 cup grated cheese
1 cup buttered bread crumbs

Cook the macaroni in the water for twenty or thirty minutes; drain and blanch with cold water. Put the macaroni in a pudding dish in layers, covering each with cream sauce and grated cheese and making the top layer of bread crumbs. Bake in the oven until the crumbs are brown.

BAKED CRACKERS WITH CHEESE

10 butter crackers or Boston crackers
1½ cups milk
1 cup grated cheese
1 tablespoon flour
¼ teaspoon salt
½ cup buttered bread crumbs

Split the crackers if they are thick and with a sharp knife cut them into pieces of uniform size. Pour the milk over them and drain it off at once. Then make a sauce with the milk, flour, cheese and salt. Into a buttered baking dish put alternate layers of soaked cracker and sauce. Cover with bread crumbs and brown in the oven.

MIGAS

Soak slices of stale bread and squeeze dry. Put olive oil or drippings in a frying pan and when boiling hot drop in an onion chopped fine, a little ground chile and a pinch of sweet marjoram. Lay the slices of bread in this with plenty of fresh cheese (preferably goats' cheese), finely broken, and fry for about ten minutes. Remove to a hot plate; cover with grated cheese, stoned ripe olives and chopped hard-boiled egg.

CORN AND CHEESE SOUFFLÉ

1 tablespoon butter
1 tablespoon chopped green pepper
¼ cup flour
2 cups milk
1 cup grated cheese
1 cup corn
3 eggs
½ teaspoon salt

Melt the butter and cook the pepper thoroughly in it; make a sauce by adding the flour, milk and cheese; add the corn, yolks of eggs and seasoning; fold in the stiffly beaten whites; turn into a buttered baking dish and bake in a moderate oven for thirty minutes.

CHEESE SOUFFLE

2 tablespoons butter
2 tablespoons flour
½ cup scalded milk
½ teaspoon salt
Dash of red pepper
¼ cup grated cheese
3 eggs

Melt the butter and mix thoroughly with the flour; then add the hot milk gradually and the salt, red pepper and cheese. Remove from the fire and add the beaten yolks. Cool the mixture; fold in the beaten whites; pour into a buttered baking dish and cook about twenty minutes in a slow oven. Serve at once or the soufflé will not be light.

CHEESE ROLLS

A large variety of rolls may be made by combining cooked beans, lentils or peas with cheese and adding bread crumbs to make the mixture thick enough to form into a roll. Beans are usually mashed, but peas or lima beans may be combined whole with bread crumbs and grated cheese and enough of the water in which the vegetables have been cooked to insure the right consistency.

Chopped spinach, beet greens or lettuce may be used instead of the legumes if desired.

Cottage cheese, cream cheese, American or English dairy cheese may be used.

BAKED RICE

2 cups boiled rice
1 cup grated cheese
1 tablespoon butter
½ cup milk
Salt and red pepper
Bread crumbs

Arrange the rice in a baking dish in layers, covering each with cheese, a little milk, butter, salt and red pepper. Spread bread crumbs over all and bake in a moderate oven until the crumbs are browned.

English dairy cheese is preferred for this, although American cheese will do.

ENGLISH RICE

½ cup rice
½ cup pecans
½ cup cooked tomatoes
1 saltspoon salt
Dash of pepper

Wash, boil and drain the rice. Strain the tomatoes and add to them the seasoning. Put a layer of rice in the bottom of a baking

dish, then a layer of nuts, then rice, then nuts again until the entire quantity is used, making the last layer of rice. Pour the tomatoes over this and bake in a moderate oven thirty minutes.

PEANUT BUTTER

Nuts are found indigestible chiefly because of the impossibility of grinding them fine enough with the teeth. The value of nut butters is therefore obvious.

Almost any kind of nut will make good butter, but peanuts are perhaps the best and the most generally available. Pound freshly roasted nuts in a mortar or put them through a chopper, using the knife designed especially for the making of nut butters. Season with salt and add a little olive oil if desired. In most cases the oil from the nuts is sufficient to moisten the butter.

NUT AND FRUIT CHEESE

¼ pound figs
¼ pound seeded raisins
¼ pound dates
2 ounces almonds
2 ounces pine nuts
2 ounces Brazil nuts
¼ pound pecans

Wash the fruit and stone the dates. Mix thoroughly with the nuts and put through a meat chopper. Press the mixture into baking powder tins and stand in a cool place. When wanted for use loosen the sides with a thin knife-blade and turn out on a board. Cut into thin slices and serve in the place of meat or put between thin slices of buttered bread.

NUT ROAST

½ cup lentils
½ cup shelled roasted peanuts
½ cup toasted bread crumbs
½ teaspoon salt
½ saltspoon pepper
Milk

Soak the lentils over night; in the morning drain, cover with fresh water and bring to a boil. Drain again; put in fresh water and cook until tender. Drain once more; throw away the water and press the lentils through a colander. To them add the nuts, either ground or chopped, the bread crumbs and seasoning and milk sufficient to make the mixture the consistency of mush. Put into a greased baking dish; bake in a moderate oven for an hour; turn out on a heated platter; garnish with parsley or watercress and serve.

VEGETABLE MEAT PIE

½ cup lima beans
¼ cup peanuts
¼ cup almonds
4 potatoes
¼ cup flour
½ cup hot milk
1 hard-boiled egg
½ tablespoon chopped parsley
½ tablespoon chopped onion
½ teaspoon salt
½ saltspoon pepper

Soak the beans over night; in the morning let them boil rapidly for one-half hour. Drain; slip the beans from their skins and split in halves. Blanch the almonds and chop them with the peanuts. Boil the potatoes, and cut two into small cubes. Mash the remaining two and use for a dough, adding four tablespoons of the hot milk, a little salt and the flour. Put layers of beans in the baking dish, sprinkling each layer with nuts, egg, potato cubes and seasoning. Roll out potato dough to cover; bake half hour.

NUT SOUFFLÉ

1 cup soft bread crumbs
½ cup milk
½ cup chopped nuts
½ teaspoon salt
Dash of pepper
Whites of 3 eggs

Put the milk and bread crumbs over the fire; cook until perfectly smooth, stirring constantly. Remove from the fire; work in the nuts; add the seasoning; fold in the well-beaten whites of eggs; turn into a baking dish and bake in a quick oven from ten to fifteen minutes. Serve at once.

ALMONDS WITH EGGS

1 cup milk
2 tablespoons sugar
Grated rind of 1 lemon
1 tablespoon butter
1 tablespoon flour
3 eggs
1 teaspoon vanilla extract
½ teaspoon almond extract
3 ounces chopped almonds
White of 1 egg
1 tablespoon sugar
Few shredded almonds

Put the milk into a saucepan with the sugar and lemon rind and allow it to simmer gently for half an hour. Blend the butter and flour; add the milk mixture; stir until it boils; then cook for five minutes. Beat the eggs; add the flavorings and almonds, and stir all into the first mixture. Stir with a wooden spoon over the fire until thick like batter; then turn into a baking dish. Cover with a meringue made from the white of egg and sugar; brown in the oven; sprinkle with shredded almonds and serve hot.

LEFT-OVERS

I found a little crust of bread that must not go to waste,
So, by a famous recipe, I seasoned it to taste.
I used six eggs, a pint of cream, some citron and some spice,
Two lemons, dates and raisins, and a brimming cup of rice.
It took a lot of things, I know
(That's how the cook-book read);
And no one cared for it—but oh!
I saved that crust of bread.

—Author Unknown.

LEFT-OVERS

LEFT-OVERS afford the cook an opportunity for the display of her ingenuity that is not to be slighted. To concoct a pleasing dish out of an unpromising left-over is a small triumph that is in itself its own reward. Almost any one can succeed with new and fresh material, but to take old materials that are too good to be wasted, and make them appear new and tempting, is a branch of the art of cooking that will repay the extra time and study that it takes. Made-over dishes are especially useful for luncheons or suppers, when only a light meal is needed. What otherwise might be a loss of good food can often be made to appear on the table as a most desirable addition to the menu.

There are throughout this book many recipes that call for cold meats and vegetables, so that this chapter is not the only one to be studied by the economical cook. See especially the chapter on "Entrées."

BAKED HASH

2 cups cold meat
1 tablespoon butter
2 cups cold potatoes
2 cups stock
Seasoning to taste

Melt the butter in the stock; add the meat and potato, finely chopped or run through a meat chopper. Season to taste; put in a greased baking dish and bake until nicely browned.

CURRY OF BEEF

2 cups cold beef
Curry sauce
1 cup boiled rice

Make curry sauce according to directions given in the chapter on "Sauces," page 101, using meat stock instead of boiling water; add the beef, finely chopped; bring to a boil and serve in a border of hot boiled rice.

CURRY OF LAMB

Make and serve the same as curry of beef, adding a half teaspoon of chopped mint if desired.

SCALLOPED BEEF

2 cups cold chopped beef
2 cups cooked tomatoes
Salt and pepper
1 cup brown sauce
1 cup bread crumbs
2 tablespoons butter

In a baking dish arrange alternate layers of beef and tomatoes, seasoning each and moistening the meat with brown sauce (or with a little melted butter and hot water if there has been no brown sauce left). Cover the top with bread crumbs and bits of butter; bake in a moderate oven for half an hour and serve. If it begins to brown too quickly, cover with another pan.

CREAMED HASH

1 pint cold meat
Salt and pepper
1 tablespoon chopped parsley
1 teaspoon onion juice
1 cu. cream sauce

Chop the meat very fine; season it and add the onion and parsley. Make the cream sauce in a double boiler; stir in the meat; beat thoroughly and serve on squares of toasted bread.

MOCK VENISON

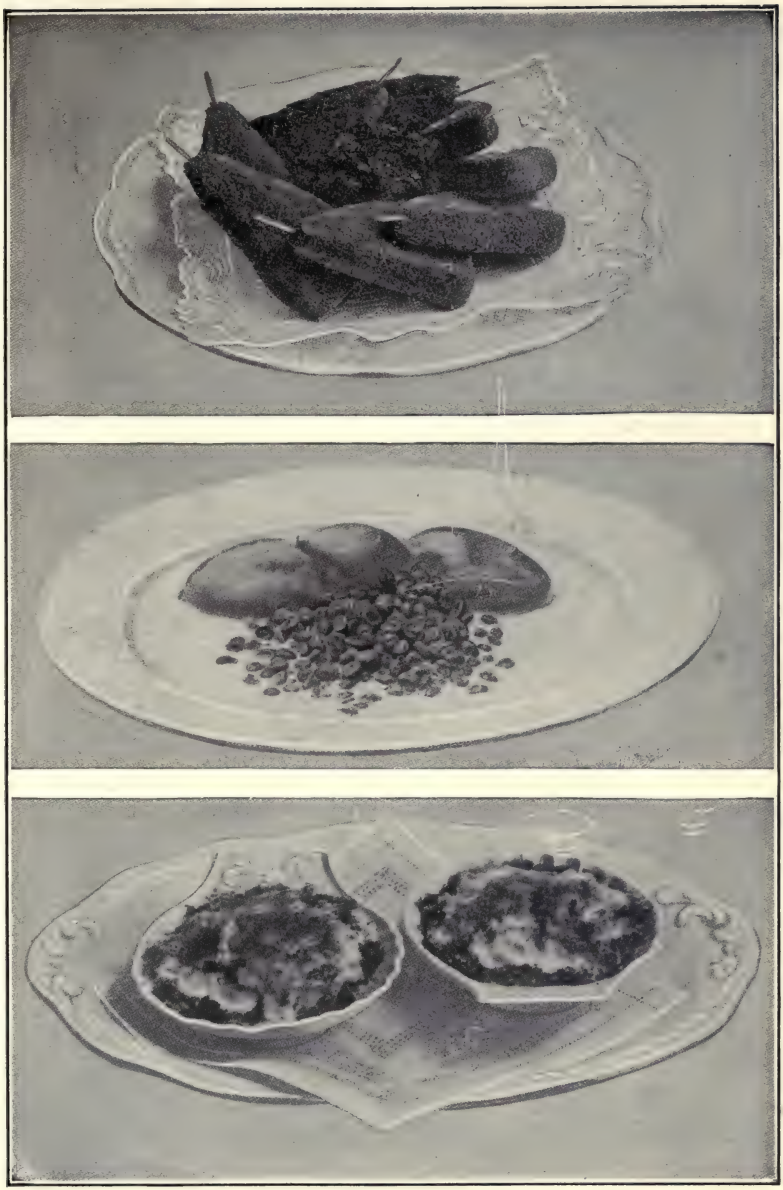
Cold mutton
1 tablespoon butter
1 tablespoon flour
1 cup water or stock
1 tablespoon currant jelly
1 tablespoon bottled meat sauce

Brown the flour in the butter; add the water or stock, stirring constantly; then add the jelly and meat sauce and bring to a boil. Cut the cold meat into thin slices; heat them thoroughly in the sauce and serve.

CORNED-BEEF HASH

1 cup cold corned beef
1 cup cold boiled potatoes
Salt and pepper
1 tablespoon butter
Milk or stock

Chop the corned beef, discarding the gristle but using some of the fat. Melt the butter in a frying pan; add the beef mixed



LEFT-OVERS

Fish Cutlets Blanquette of Chicken with Peas Cusk a la Cremê

with chopped potatoes; pour over enough milk or stock to moisten; stir until well mixed; then cook slowly until browned underneath. Fold over like an omelet and serve garnished with parsley and poached eggs.

FARMERS' CABBAGE

1 cup cold meat
1 cup cooked cabbage
1 cup cooked tomatoes
1 cup bread crumbs
Salt and pepper

Chop the meat into small pieces; likewise the cabbage. Put a layer of meat in the bottom of a baking dish; then a layer of cabbage; then a layer of tomatoes. Continue until the entire quantity has been used, seasoning each layer as you go. Cover all with bread crumbs and bake in a moderate oven until brown. A little grated cheese may be added to the top if desired.

STEW FROM COLD MEAT

Free the meat from fat, gristle and bones; cut into small pieces; add salt and water sufficient to cover it. Let simmer until almost ready to break in pieces; add raw onions and potatoes and cook until tender, adding also a little soup stock if available. Cook until the potatoes are done; thicken with flour and serve on small slices of toast.

POTTED MEAT

1 pint cold meat
2 ounces butter
Salt and pepper
Dried herbs
Melted suet

Chop the meat very fine; pound it in a mortar, adding gradually the butter and seasoning to taste. Pack into small jars; cover with melted suet and keep in a cool place.

VEAL CAKES

1 pound cold chopped veal
½ pound soaked bread crumbs
Dash of pepper
1 teaspoon chopped onion
1 teaspoon salt
2 tablespoons fat or butter

Mix all the ingredients except the fat; mold into small cakes. Melt the fat in a frying pan and brown the cakes in it, first on one side, then on the other.

BLANQUETTE OF CHICKEN

2 cups cold chicken
1 cup cream sauce
1 tablespoon lemon juice
2 tablespoons chopped parsley
Few gratings of nutmeg
Pinch of clove

Heat the chicken in the cream sauce; add seasonings and serve.

FISH CUTLETS

1 cup cold cooked fish
½ cup milk
2 tablespoons butter
2 tablespoons flour
Yolk of 1 egg
½ teaspoon chopped onion
½ teaspoon chopped parsley
½ teaspoon salt
Dash of red pepper
Uncooked macaroni
Bread crumbs and egg

Make a cream sauce of the butter, flour and milk; add the egg, then the fish and seasonings. Mix carefully and let cool; form into cutlet shapes; dip in egg and bread crumbs and fry in hot fat. Insert in each cutlet a small piece of uncooked macaroni to represent the bone; conceal place of insertion with chopped parsley.

FISH CROQUETTES

Mold the cutlet mixture into cones; dip in egg and crumbs and fry in hot fat. Sprinkle with chopped parsley.

CUSK À LA CRÈME

1 pint cold fish
1 pint milk
1 blade mace
1 sprig parsley
½ tablespoon cornstarch
½ tablespoon bu ter
Yolk of 1 egg
1 bay leaf

Put the milk with the mace, parsley and bay leaf in a double boiler; bring to a boil; remove the mace, parsley and bay leaf and add the cornstarch and butter, well rubbed together. Then add the beaten egg and season to taste. Fill a baking dish with alternate layers of fish and sauce; cover with bread crumbs and bake in the oven until the crumbs are browned.

SCALLOPED FISH

1 pint cold cooked fish
Butter
1 pint cream sauce
Bread crumbs

Put the fish in a baking dish with the cream sauce. Cover with bread crumbs and bits of butter and bake until brown.

VEGETABLES

And what the creatures did eat—seeds, roots, bulbs, tubers, stalks, shoots, leaves, flowers, fruits, fungi! They called them beans and peas; turnips and carrots; onions and garlic; potatoes and artichokes; asparagus and poke; celery and chard; cauliflower and broccoli; tomatoes and cucumbers; and mushrooms!

—Visitors from Mars.

VEGETABLES

ALL the elements needed for nutrition are found in vegetables. In beans, peas, lentils, and other legumes, much protein is furnished, and for this reason they can often be used in place of meat. (See chapter on "Meat Substitutes.") In such vegetables as potatoes and squash there is an abundance of starchy or fuel-and-energy food. From olives, nuts, and corn come oils which are also fuel-and-energy foods. Lettuce, spinach, cabbage, turnips, carrots, tomatoes, and other succulent (juicy) vegetables contain the valuable mineral matter and vitamins which no chemist save Nature can wisely furnish.

Perhaps one reason why vegetables are not used in greater variety is that they are not always properly cooked. Over-cooking lessens the food value of many vegetables, destroys their color, and tends to make them tasteless and tough. Green vegetables should not be permitted to boil one minute after they begin to lose their green color. As a rule, root vegetables, such as turnips, carrots, and salsify are best cooked in *unsalted* water, gently boiling. This applies emphatically to turnips. Never soak wilted vegetables in salted water, for salt hardens the fiber. This is particularly true of cucumbers. Use fresh cold water.

Potatoes should be thinly pared, not so much for economy, as to save the mineral matters which are stored close to the skin. Jacket-boiled potatoes retain most, and baked potatoes retain practically all of these valuable food adjuncts.

Canned goods are improved if the contents are removed from the container upon opening, and exposed to the air for an hour or more to re-oxygenate.

Delicate vegetables containing sugar, such as green peas and sweet corn, lose flavor and sweetness every minute after leaving

the mother-stalk. Leave them in pod or husk until ready to cook, and then serve as nearly immediately as possible.

Start vegetables with boiling water. With very few exceptions, they should be left *uncovered*, or only partially covered, to permit exposure to the air. Of course this does not apply when a steamer is used in cooking.

CABBAGE

Divide a small head of cabbage into four parts, cutting down through the stock; soak for one-half hour in a pan of cold water to which has been added a tablespoon of vinegar; then remove from the water and cut in slices. Have a large saucepan full of boiling water; put in the cabbage, pushing the slices under the water with a spoon; add a tablespoon of salt and cook from twenty-five to sixty minutes, according to the age of the cabbage. Drain through a colander; then put in a chopping bowl and mince. Season with butter, pepper and more salt if needed, and stand over the fire for a few minutes to reheat. Allow a tablespoon of butter to a pint of cooked cabbage.

The addition of a quarter teaspoon of bi-carbonate of soda reduces the time of cooking, helps retain color and lessens the odor.

CABBAGE WITH PORK

For a small head of cabbage use half a pound of minced salt pork. Boil the pork gently for three or four hours. Prepare the cabbage as for plain boiled cabbage; drain well and put on to boil with the pork. Boil and serve the pork with the cabbage. A little additional salt may be needed.

Smoked bacon or ham or corned beef may be substituted for the pork; but these are usually better if cooked separately from the cabbage.

LADY CABBAGE

Prepare and cook the cabbage in the usual way. Chop very fine; return to the fire; cover with milk; season; bring to a boil and serve.

CREAMED CABBAGE

Make a cream sauce; add the boiled cabbage, chopped; bring to a boil and serve, sprinkling a little chopped parsley over the top of the dish.

CAULIFLOWER

Remove all the large green leaves and the greater part of the stalk, and soak, head down, in a pan of cold water which contains to each quart of water a tablespoon of vinegar. Put in a large saucepan, stem end down; cover with boiling water; add a tablespoon of salt and cook from twenty to thirty minutes, according to the size of the head and its compactness. Remove as soon as done, for overcooking darkens it.

CREAMED CAULIFLOWER

Make a cream sauce; add the boiled cauliflower, broken into pieces, and serve.

CAULIFLOWER AU GRATIN

Break boiled cauliflower into small flowerets; place in layers in a buttered pudding dish, covering each with cream sauce and grated cheese. Spread buttered bread crumbs over the top of the dish and bake until brown.

CAULIFLOWER POLONAISE

1 head cauliflower
1½ teaspoons mustard
1¼ teaspoons salt
1 teaspoon powdered sugar
½ teaspoon paprika
Yolks of 3 eggs
¼ cup olive oil
½ cup vinegar
2 tablespoons melted butter
1 teaspoon chopped parsley

Cook the cauliflower as usual; when done break into flowerets and cover with a sauce made from the other ingredients. Mix the dry ingredients; add the beaten eggs, then the oil and vinegar. Cook over hot water until the mixture thickens; remove from fire and add the butter and parsley.

BRUSSELS SPROUTS

Remove the wilted or yellow leaves from the sprouts; cut the stock close to the heads, and soak in cold water for an hour

or more. Drain well and empty them into boiling salted water, allowing one teaspoon of salt to two quarts of water. Boil rapidly for fifteen or twenty minutes, according to the size of the heads; when done, turn into a colander and pour cold water over the heads. Reheat in butter and seasoning or in cream sauce.

KALE

Remove all the old or tough leaves; wash the kale thoroughly and drain. Put it into boiling water to which has been added salt in the proportion of one half tablespoon to two quarts of water. Boil rapidly, uncovered, until the vegetable is tender; pour off the water; chop the kale very fine; return it to the kettle with one tablespoon of butter and two of meat stock or water to every pint of the minced vegetable. Add more salt if necessary; cook for ten minutes and serve at once. The entire time for cooking varies from thirty to fifty minutes.

BOILED LETTUCE

Lettuce that has grown too old for salad may still be cooked, forming a very palatable dish. Wash four or five heads of lettuce, removing the thick bitter stalks and retaining only the sound leaves. Cook in boiling, salted water for ten or fifteen minutes; drain in a colander, pouring cold water over them. Chop and reheat with butter and seasoning or with cream sauce.

BEET GREENS

Beets are usually thickly sowed, and as the young plants begin to grow they must be thinned out. These plants make delicious greens, and even the tops of the ordinary market beets are good if properly prepared. Examine the leaves carefully to be sure that there are no insects on them; wash thoroughly in several waters, and put over the fire in a large kettle of boiling water. Add a teaspoon of salt for every two quarts of greens; boil rapidly about thirty minutes or until tender; drain off the water; chop well and season with butter and salt.

SPINACH

Perhaps no other vegetable requires such care in the preparation as spinach. In the first place it takes a great deal of time, water and patience to wash it clean. Cut off the roots; break the leaves

apart; drop them in a large pan of water; rinse well; lift them out separately and drop back into a second pan of water. Continue washing in fresh waters until there is not a grain of sand to be found in the bottom of the pan. Drain the spinach and drop it into boiling water, allowing one pint of water and one tablespoon of salt to a half peck of spinach. Let it simmer for twenty minutes or more, counting from the time it begins to boil, and drawing the cover of the saucepan to one side to allow the steam to escape. Empty into a colander; pour cold water over the spinach; drain and mince fine. Return to the fire with seasoning and butter, or drippings from roast beef or chicken if preferred. Garnish with hard-boiled egg or serve with cream sauce.

DANDELIONS

Gather young dandelion plants before they have flowered; cut off the roots; wash thoroughly; boil in salted water about one hour, leaving the lid partly off. Drain and chop fine; season with salt, pepper or vinegar, and a liberal measure of butter.

If cooked with half spinach or beet greens it is less bitter and more palatable to some people. In this case the dandelion should be partly cooked before the other vegetable is added.

LEEKS

Wash and trim the leeks and cook them in boiling salted water until soft. Drain thoroughly; season with butter, salt and pepper, and serve.

JERUSALEM ARTICHOKES

1 quart peeled and cut artichokes	1 tablespoon butter
1 pint milk	1 tablespoon flour
1 small onion	1 teaspoon salt

¼ teaspoon pepper

Wash and peel the artichokes and cut them into small cubes; put in a double boiler; cover with milk; add the onion and cook twenty minutes. Beat the butter and flour together and stir them into the milk; add the seasoning and cook for a half hour longer.

GLOBE ARTICHOKES

Remove all the hard outer leaves; cut off the stems close to the leaves, also the top of the bud. Drop the artichokes in boiling

water and cook until tender, from thirty to fifty minutes; take up and remove the choke. Serve hot with melted butter or cold with French salad dressing.

GREEN PEAS

Shell the peas and cover them sparingly with water; bring to a boil; then push aside until the water will just bubble gently. When the peas are tender add salt and butter; cook ten minutes longer and serve. If the peas are not the sweet variety, add a teaspoon of sugar.

SUGAR PEAS

Sugar peas may be cooked in the pods like string beans. Gather the pods while the seeds are still very small; string like beans and cut into pieces. Cover with boiling water and boil gently for twenty-five or thirty minutes or until tender. Pour off most of the water, saving it for soup; season the rest with salt and butter and serve.

STRING BEANS

Remove the strings carefully; break the pods into one-inch pieces; wash thoroughly; add just enough boiling water to prevent burning, salt at the end of ten minutes, and let simmer until tender. Season with butter.

Pork may be boiled with the beans if desired. Boil a quarter of a pound for five hours; then add the beans.

GREEN LIMA BEANS

Cover the shelled beans with boiling water; bring to a boil quickly; then let them simmer slowly until tender. Drain and add salt, pepper and butter or hot cream or cream sauce.

DRIED BEANS AND PEAS

Recipes for cooking dried beans and peas will be found in the chapter on "Meat Substitutes."

BOILED TURNIPS

Have the turnips peeled and sliced and drop them into boiling water sufficient to cover. Cook until tender; drain well; chop them or mash with a wooden potato masher. Season with salt, butter and pepper and serve at once.

CARROTS

Scrape the carrots lightly; cut them into large dice or slices and drop them into a small quantity of boiling water; salt at the end of ten minutes. Boil until tender; drain and serve with butter and pepper or with cream sauce.

CARROTS AND PEAS

Cook the carrots; add an equal quantity of cooked peas; season with butter, pepper and salt, or beat both together in a cream sauce.

PARSNIPS

Wash the parsnips clean; boil them until tender; scrape off the skin and slice them into a vegetable dish, seasoning with salt, pepper and butter or pouring drawn butter over them.

If preferred, the cooked parsnips may be chopped rather coarse, seasoned and returned to the fire with milk sufficient to cover them. Thicken with a teaspoon of flour rubbed in a tablespoon of butter; simmer for ten minutes and serve.

Still another method of serving the parsnips is to fry the slices in butter after they have been boiled.

KOHL-RABI

Kohl-rabi or kale turnip is a cultivated variety of kale or cabbage, distinguished by the swelling of the stem in turnip form. This swollen portion is used for food, cooked like turnips or uncooked in slices like radishes.

SALSIFY

6 large roots
1 tablespoon vinegar
2 tablespoons flour
1 teaspoon salt
3 pints water
1 cup cream sauce

To prevent the roots from turning dark they must be dropped as soon as they are pared and cut into the mixture of flour, salt, water and vinegar. Wash and scrape the roots; cut them into slices about three inches long and drop them into the prepared water. Place the saucepan on the fire and cook for thirty minutes after it begins to boil. Drain and serve with white or cream sauce.

BEETS

Wash the beets, being careful not to break the skin; cover them with boiling water and boil until tender. Remove from the fire; drop into cold water and rub off the skins. Cut the beets into thin slices or chop them if not young; season with salt, butter and pepper and serve at once.

PICKLED BEETS

If beets are very old they will be better pickled in vinegar. Boil and slice them; cover with vinegar and let stand until cold.

CREAMED CELERY

Remove the leaves from the stalks of celery; scrape off all rusted or dark spots; cut into small pieces and drop in cold water. Have boiling water ready; put the celery into it, and salt at the end of ten minutes. Boil until tender, leaving the cover partly off; drain and rinse in cold water. Make a cream sauce; drop the celery into it; heat thoroughly and serve.

BOILED ONIONS

Peel the onions and cut off the roots; drop each into cold water as soon as it is peeled. When all are ready, drain and put in a saucepan well covered with boiling water, adding a teaspoon of salt for every quart of water. Boil rapidly for ten minutes with the cover off; drain and return to the fire with fresh water. Simmer until tender; add pepper and butter and serve, or omit the butter and pepper and pour a cream sauce over the onions.

STEWED ONIONS

1½ pints onion
1 tablespoon butter
½ teaspoon salt
½ saltspoon pepper

Cut the onions in slices and boil in salted water for ten minutes; drain and return to the saucepan with the butter, salt and pepper. Cook over a hot fire for five minutes; then cook slowly for thirty or forty minutes. Drippings may be substituted for the butter if desired.

SCALLOPED ONIONS

Cut boiled onions into quarters; put them in a baking dish and mix well with cream sauce; cover with bread crumbs and bits of butter and place in the oven until the crumbs are browned.

FRIED ONIONS

6 onions
1 tablespoon butter
Salt and pepper

Remove the skins from the onions; cut them in slices and cook in boiling salted water for fifteen minutes. Drain; add the butter and fry until well browned, stirring to prevent them from sticking. Season and serve with beefsteak or calf's liver.

STEWED TOMATOES

Pour boiling water over the tomatoes; remove the skins; cut into small pieces and place in a saucepan over the fire. Boil gently for twenty or thirty minutes and season, allowing for each quart of tomato one generous teaspoon each of salt and sugar and one tablespoon of butter. If in addition to this seasoning a slice of onion has been cooked with the tomatoes from the beginning, the flavor will be greatly improved.

SCALLOPED TOMATOES

1 pint tomatoes
1 pint bread crumbs
2 tablespoons butter
1 tablespoon sugar
2 teaspoons salt
1 saltspoon pepper

Butter a baking dish and in it put alternate layers of tomatoes and bread crumbs, seasoning each layer of crumbs and covering it with small pieces of butter. Have a layer of crumbs on the top. If fresh tomatoes are used bake one hour, if canned, a half hour. If the crumbs begin to brown too quickly cover the dish with a tin plate.

STUFFED TOMATOES

6 large tomatoes
1 cup bread crumbs
1 teaspoon chopped onion
½ teaspoon salt
½ saltspoon pepper
1 tablespoon butter

Cut a slice off the stem end of the tomato and scoop out the seeded part. Brown the onion slightly in the butter; add it to the

bread crumbs, with seasoning, and fill the tomatoes with the mixture. Place them in a shallow baking pan and bake in a quick oven about thirty minutes.

FRIED TOMATOES

3 large tomatoes
Salt and pepper
Flour
Butter
1 cup cream sauce

Wash the tomatoes; slice them in half-inch slices; sprinkle with salt, pepper and flour and brown lightly in butter. Lay on a hot platter and pour over them a cream sauce made with the butter that remains in the pan.

TURKISH PILAF

½ cup rice
¾ cup stewed tomatoes
1 cup stock
3 tablespoons butter

Strain the tomatoes and cook them with the rice and stock in a double boiler until the rice is tender; add the butter and stir it in without mashing the rice.

Serve as a border with meat or as a vegetable. If desired, a little catsup or Chili sauce and water to make three quarters of a cup may be substituted for the tomatoes.

ASPARAGUS

Cut off the woody part of the asparagus and scrape the lower ends of the stalks, or cut off all but the very tender part, saving the pieces for cream of asparagus soup. Wash the stalks and tie them in bunches; place them upright, stem end down in a deep saucepan. Pour in boiling water sufficient to come up to the tender heads but not to cover them; add a teaspoon of salt for each quart of water and place the saucepan where the water will boil. Cook until tender, leaving the cover partly off. It will take from fifteen to thirty minutes according to the age of the asparagus. Serve on thin slices of buttered toast, seasoning with butter, pepper and salt, or pouring drawn butter or cream sauce over all. Save the water for vegetable soup.

If preferred, all the tender part of the asparagus may be cut into short pieces, boiled in water sufficient to cover, and served in cream sauce or in a little of the water in which it is cooked, seasoned with salt, pepper and butter.

OKRA

Wash young pods and boil them in salted water until tender, about twenty minutes; drain and reheat for five minutes in cream, adding butter, salt and pepper, or cut crosswise, and stew with tomatoes.

GREEN PEPPERS STUFFED

6 peppers	1/4 teaspoon basil
Bread crumbs	1/4 teaspoon summer savory
2 teaspoons salt	2 tablespoons butter or drippings
1 tablespoon herbs	1 cup white sauce

2 cups white stock or water

Select only tender, sweet peppers. Soak in water bread crumbs sufficient to make one pint when the water is pressed out; mix with the seasonings and butter. Cut off the stem end of each pepper; carefully remove the interior and fill the peppers with the prepared dressing. Place in a shallow baking pan and pour around them the white sauce thinned with the stock or water. Bake about one hour, basting frequently with the sauce.

Peppers may also be filled with a well-seasoned dressing of chopped meat, with or without the addition of bread crumbs or boiled rice.

FRIED EGGPLANT

Cut the eggplant in slices about a quarter of an inch thick; pare them; sprinkle with salt and pile one upon another, placing over them a plate with a weight on top. Let stand for an hour; remove the plate; dip the slices in beaten egg, to which has been added a tablespoon of water, half a tablespoon of salt and half a teaspoon of pepper. Then dip the slices in dried bread crumbs; spread on a dish for twenty minutes or more and fry until brown in deep fat.

BAKED EGGPLANT

Make a dressing as for stuffed peppers, using, however, a little more salt, pepper and butter. Cut the eggplant in two lengthwise; scrape out the inside; mash it fine; mix with the dressing and return to the shells. Place on a pan in the oven and bake forty-five minutes. Serve in the shells, placing a doily under each half.

BROILED EGGPLANT

Slice the eggplant and drain it as for frying; spread the slices on a dish; season with salt and pepper; baste with olive oil; sprinkle with dried bread crumbs and broil.

SQUASH

Summer and winter squash are prepared and boiled in the same way. Wash and pare the squash; cut it into small pieces; cook in boiling water for half an hour; mash fine and season with salt, pepper and plenty of butter.

BAKED SQUASH

Wash a Hubbard squash and cut it into large pieces, removing the pulp. Place these, outer side down, in a shallow baking dish and bake until brown. Baked squash is eaten like baked sweet potatoes with butter and salt.

STEAMED SQUASH

Remove the top of a Hubbard squash and steam the rest until tender. Discard the pulp; scoop out the remainder of the soft portion; mash it, seasoning well with salt, pepper and butter; reheat; return to the shell and score the dome-shaped surface with a knife. Place the squash on a plate with a doily beneath it and serve.

CORN ON THE COB

Free the corn from husks and silk; have a kettle of water boiling hard; drop the corn into it and cook ten minutes (or longer if the corn is not young). If a very large number of ears are put into the water they will so reduce the temperature that a longer time will be needed. In no case, however, should the corn be left too long in the water, as overcooking spoils the delicate flavor.

CORN OFF THE COB

Corn is frequently cut from the cob after it is cooked and served in milk or butter; but by this method much of the flavor and juice of the corn itself is wasted. It is better to cut the corn from the cob before cooking. With a sharp knife cut off the grains, not cutting closely enough to remove any of the woody portion of the

skins. Then with a knife press out all the pulp and milk remaining in the cob; add this to the corn; season well with salt, pepper and butter; add a little more milk if the corn is dry; cook, preferably in the oven, for about ten minutes, stirring occasionally. If the oven is not hot, cook over the fire.

SUCCOTASH

To a pint of corn cooked off the cob add a pint of cooked and creamed Lima beans.

CORN PUDDING

6 ears corn
1 cup hot milk
¼ teaspoon salt
½ teaspoon sugar
1 tablespoon butter
1 tablespoon flour
1 egg

Prepare the corn as for cooking off the cob. Melt the butter; mix well with the flour; add the milk gradually, then the seasoning and corn, and last of all the beaten egg. Pour into a buttered baking dish and bake in a moderate oven for half an hour.

STEWED MUSHROOMS

1 pint mushrooms
1 tablespoon butter
Salt and pepper
Flour

Wash the mushrooms; peel them and cut off the bottom of the stalks. Melt the butter; add the mushrooms, sprinkling them with salt, pepper and flour. Let them cook slowly in the butter and their own liquor for about fifteen minutes.

If desired, a few tablespoons of cream and a little grated nutmeg may be added to the butter, and the mushrooms served on small pieces of buttered toast.

BROILED MUSHROOMS

Wash the mushrooms; remove the stems and peel the caps. Place them in a broiler and broil for five minutes, with the cap side down during the first half of broiling. Serve on circular pieces of buttered toast, sprinkling with salt and pepper and putting a small piece of butter on each cap.

BAKED MUSHROOMS

Choose the larger mushrooms for baking. Prepare them as for broiling and place them upside down in a shallow baking dish sprinkling with salt and pepper and placing a small piece of butter on each. Bake for about twenty minutes, basting with a little melted butter.

MUSHROOMS À LA POULETTE

Stew the mushrooms in cream; remove from the fire and stir in the beaten yolks of two eggs. Return to the fire to let the eggs thicken; then serve at once.

BOILED CHESTNUTS

Boil the chestnuts a few minutes; drain and remove the shells and skins. Boil again until tender, adding sufficient salt to make them palatable. Drain again; shake over the fire until dry; cover with cream sauce and serve at once. If allowed to stand the chestnuts become heavy and unappetizing.

ROASTED CHESTNUTS

With a sharp knife cut across on the flat side of each chestnut; put them in a wire pan and shake constantly over a hot fire until the shells split. Serve at once.

BOILED POTATOES

If the potatoes are to be boiled in their skins, cut a narrow band of skin from the center of the potato and small pieces from the ends. If the potatoes are to be peeled, use a very sharp knife and remove as thin a layer as possible. If the potatoes are very young, the skins may be scraped off. Let the potatoes boil fifteen minutes; then add a tablespoon of salt for every dozen potatoes; boil until tender and remove immediately from the water so that they will not become soggy. They will be improved by being kept hot for an hour or more provided that they are so ventilated that they dry rather than retain moisture.

Boiled potatoes may be served dry or covered with cream sauce.

STEAMED POTATOES

Steamed potatoes are prepared as for boiling, put in a closed vessel having a perforated bottom over a kettle of boiling water. They will require from thirty to forty minutes to cook.

BAKED POTATOES

Wash the potatoes perfectly clean and let them drain; put them in an old baking pan in a hot oven and bake until soft. Potatoes of medium size will take about forty minutes. Baked potatoes should be served as soon as they are done, but if they must stand for any time the skins should be broken so that the moisture may escape.

FRENCH FRIED POTATOES

Pare the potatoes and throw them into cold water until needed. Dry them with a towel; cut into small pieces lengthwise of the potato; drop them into hot fat and remove when lightly browned. It is better to fry only a few at a time, letting those done stand in a colander in the oven to keep hot. When all are done, sprinkle with salt and serve at once.

For variety, and for use in garnishing, cut the potatoes into balls, using the vegetable cutter which comes for this purpose.

STUFFED POTATOES

6 large potatoes
1 tablespoon butter
¼ cup milk
1 teaspoon salt
Dash of pepper
1 egg

Bake the potatoes and when done cut off one end of each and scoop out the contents into a bowl. Mash thoroughly; add the butter, seasoning and milk. Then return the potato to the shells; dip the open end of each in beaten egg and place them on a pan in the oven. Brown the ends and serve.

MASHED POTATOES

4 medium-sized potatoes
1 large tablespoon butter
½ teaspoon salt
4 tablespoons milk

Boil the potatoes and drain them thoroughly; mash and beat with a wire beater until light; add the butter, salt and milk, heated. Serve at once if possible. If obliged to keep them stand-

ing do not put a cover on the saucepan as steam makes them soggy. Stand over a kettle of hot water and when ready to serve put them, mound fashion, in a hot dish and sprinkle the top lightly with pepper.

CREAMED POTATOES

2 cups boiled potatoes
1 cup cream sauce

Make the cream sauce thinner than usual by adding a little extra milk. Cut the potatoes into small cubes and mix them thoroughly with the same. Cook in a double boiler until the potatoes are thoroughly hot; add a little chopped parsley, if desired, and serve.

NEW POTATOES IN CREAM

Scrape and boil new potatoes until tender; cover with cream sauce to which a little chopped parsley has been added, and serve.

POTATO CROQUETTES

2 cups mashed potatoes
2 tablespoons butter
½ tablespoon chopped onion
½ tablespoon chopped parsley
Salt and pepper
Grated nutmeg
2 eggs
Bread crumbs

Mix the potatoes thoroughly with the butter, onion, parsley, salt, pepper and nutmeg. Mold them; dip in the beaten eggs; roll in bread crumbs; drop into hot fat and cook until a golden brown.

POTATO BALLS

Select large potatoes, as free from blemishes as possible; cut into balls with a vegetable cutter; cook in boiling salted water until tender; cover with melted butter and chopped parsley and serve.

POTATO CAKES

Take cold mashed potatoes or cold baked or boiled potatoes that have been mashed and seasoned; roll into balls, dusting the hands well with flour first. Flatten into cakes and sauté in butter, or place on a buttered tin with a small piece of butter on the top of each and bake in a hot oven until golden brown.

LYONNAISE POTATOES

3 boiled potatoes
1 tablespoon butter
½ small onion
½ teaspoon salt
Dash of pepper
½ tablespoon minced parsley

Slice the onion and brown it slightly in the butter; add the potatoes; mix well and stir until all are browned, seasoning thoroughly. Just before serving add the parsley.

SCALLOPED POTATOES No. 1

1 pint sliced raw potatoes
1 cup scalded milk
1 large tablespoon butter
1 tablespoon flour
½ teaspoon salt
½ saltspoon pepper

Butter a baking dish and in the bottom put a layer of the potatoes. Sprinkle with salt, pepper and flour and dot with small pieces of butter. Repeat until the materials are used; pour the scalded milk over all and bake in a moderate oven for forty-five or fifty minutes.

SCALLOPED POTATOES No. 2

2 cups cold potatoes
2 cups cream sauce
Salt and pepper
1 cup bread crumbs
Butter

Cut the potatoes into cubes; mix well with the cream sauce, adding more seasoning if necessary; pour into a baking dish; cover with bread crumbs and small pieces of butter and bake for about half an hour.

POTATOES AU GRATIN

2 cups cold boiled potatoes
2 cups cream sauce
3 tablespoons grated cheese
Salt and red pepper
Buttered bread crumbs

Slice the potatoes and add them to the hot cream sauce. Bring all to a boil; remove and add the cheese and seasoning. Pour all into a baking dish; sprinkle bread crumbs over the top and set in the oven to brown.

BROWNED POTATOES

Either sweet or white potatoes may be browned. Boil and peel them, cutting them in halves if they are very large. Put them in

a baking pan; baste with savory drippings or butter and season with salt. Cook in a hot oven until brown.

The potatoes may be browned in a frying pan over the fire if the oven is not hot. The oven, however, is to be preferred.

If the potatoes are to be served with a roast they may be browned with the meat. They should, however, never be put into the pan raw, as they are sure to turn dark and ugly if not boiled first.

POTATO PUFF

2 cups boiled potatoes
2 tablespoons butter
2 eggs
½ cup scalded milk
Salt to taste

Use left-over mashed potatoes or potatoes freshly boiled and pressed through a vegetable press. Melt the butter; beat it into the potatoes; add the egg, beaten separately, then the hot milk and seasoning. Bake in one dish or in individual dishes until delicately browned.

HASHED BROWN POTATOES

1 pint chopped cooked potatoes
2 tablespoons cream
½ teaspoon salt
Dash of pepper
½ teaspoon chopped parsley
1 tablespoon butter

Melt the butter in a smooth frying pan and when hot add the other ingredients, well mixed together. Pack lightly into a layer of uniform thickness and cook slowly for twenty or thirty minutes. Fold over and serve. There should be a thick brown crust on the outside.

CANDIED SWEET POTATOES

Cut boiled sweet potatoes into long slices; place them in an earthen dish; butter each and sprinkle with sugar. Bake until the sugar and butter have candied and the potatoes are brown.

FRIED SWEET POTATOES

Wash and cut small uncooked sweet potatoes into quarters; dry them and lower them into boiling hot fat. Brown thoroughly; remove with a skimmer; drain and dry on paper; sprinkle with salt and serve.

VEGETABLE HASH

Hash may be made with one or many vegetables and with or without the addition of meat and fish. Potato is the most useful vegetable for hash, because it combines well with meat or other vegetables. The vegetables must be chopped fine, well seasoned with salt and pepper, and parsley, onion, chives or green pepper if desired, and moistened with stock, milk or water, using a quarter of a cup to a pint of hash. Melt a half tablespoon of butter or savory drippings in a pan; put in the hash, spreading it evenly and dropping small pieces of butter or drippings over the top. Cover the pan; let the hash cook over a moderate fire for half an hour; fold over like an omelet and serve. If properly cooked there will be a rich brown crust formed on the outside of the hash.

BOILED MACARONI

Break the macaroni into small pieces; boil for half an hour; drain and blanch in cold water. Reheat in tomato or cream sauce and serve. Grated cheese may be sprinkled over the dish if desired.

The recipe for Baked Macaroni will be found in the chapter on "Meat Substitutes."

STUFFED CUCUMBERS

4 cucumbers
1 cup pecans or Brazil nuts
6 tablespoons mashed potatoes
1 well-beaten egg
1 teaspoon salt
2 tablespoons chopped parsley
1 saltspoon white pepper
Dash of grated nutmeg
2 tablespoons melted butter
1 cup white sauce
1 teaspoon capers
Dash of powdered cloves
1 well-beaten egg
Salt and pepper

Cut the cucumbers in half lengthwise; remove the seeds with a spoon; lay the cucumbers in vinegar over night; then wipe dry and fill with a mixture made from the chopped nuts, potatoes, egg, salt, parsley, pepper, nutmeg and butter. Bake in a buttered baking tin until tender. Serve hot with white sauce, to which has been added the capers, cloves, egg and seasoning.

For additional recipes for vegetables see chapter on "Meat Substitutes."

REHEATING VEGETABLES

Left-over potatoes, turnips, parsnips, carrots, and similar vegetables may be cut into cubes and reheated in cream sauce. It is essential to have the sauce freshly made and very hot when the vegetables are entered. They may be served in this style, or the dish may be sprinkled with buttered bread-crumbs, and browned in the oven. Or, using a thick cream sauce as a "binder," the vegetables may be made into croquettes. Of course, if so used, they must be mashed first.

Left-over stewed tomatoes may be strained and used as stock for tomato sauce, which is an excellent foundation for reheating cold meats.

ENTRÉES

Entrées—small made-dishes that are served between courses.

—Definition.

ENTRÉES

WHILE the entrée has its place on the menu of the formal dinner, it appears in many cases to excellent advantage as an important dish for the small luncheon. With a little extra care and elaboration the "made-dish" may serve to tempt the most indifferent appetite.

See some of the recipes in this chapter; others in the chapter, "Left-Overs."

FRITTER BATTER

1 cup flour
½ teaspoon salt
2 teaspoons baking powder
½ cup milk
1 tablespoon olive oil
2 eggs

Mix the dry ingredients thoroughly; add the milk, then the oil, and last the beaten eggs.

VEGETABLE FRITTERS

Cook the vegetables thoroughly; drain them; chop fine and add to the batter. Drop in boiling hot fat; drain and dry on paper.

OYSTER FRITTERS

Wash the oysters and parboil them; drain well and add to the batter. Use oyster juice instead of milk in making the batter. Fry in hot fat; drain and serve.

APPLE FRITTERS

Choose sour apples; pare, core and cut them into small slices. Stir into fritter batter and fry in boiling hot fat. Drain on paper: sprinkle with powdered sugar and serve.

BANANA FRITTERS

3 bananas
1 cup flour
2 teaspoons baking powder
1½ tablespoons sugar
¼ teaspoon salt
⅙ cup milk
1 teaspoon lemon juice
1 egg

Mash the bananas and mix the flour with the salt, sugar and baking powder. Combine the dry ingredients with the bananas, alternating with the milk. Add lemon juice and the egg, beaten light. Drop by spoonfuls into deep fat and fry. Drain on paper and sprinkle with powdered sugar.

BEEF KROMESKIES

1½ tablespoons butter
1½ tablespoons flour
1 cup milk
1 pint cold beef
1 teaspoon salt
Dash of pepper
1 tablespoon parsley
1 teaspoon onion juice

Melt the butter; add the flour; then the milk gradually, stirring to prevent lumps. Cook until it thickens; mix in the chopped beef and seasonings and set aside to cool. When cool form into small cylinders· dip each in fritter batter and fry in smoking hot fat.

ROMAN GNOCCHI

¼ cup butter
¼ cup flour
¼ cup cornstarch
2 cups milk
2 egg yolks
¾ cup grated cheese

Melt the butter and cook the cornstarch and flour in it without browning. Add the milk and cook three minutes, stirring constantly. Add the yolks and a half cup of cheese; pour into a shallow buttered pan and cool; cut into squares; place on a shallow dish; sprinkle with the remaining cheese and brown in the oven.

RISSOLES

Roll puff-paste into oblong pieces three by four inches; put a spoonful of creamed chicken, sweetbreads or mushrooms on one side; fold over and press the edges together, moistening slightly to make the edges stick. Brush with beaten egg and bake until a delicate brown.

RICE TIMBALES

Pack boiled rice into small buttered molds; let stand in hot water for fifteen minutes and serve as a garnish or as an entrée with some sweet sauce.

TIMBALE CASES

¾ cup flour
½ teaspoon salt
½ cup milk
1 egg
1 tablespoon olive oil

Sift the flour and salt; add the milk and beaten egg gradually, beating constantly with a wire beater; add the oil and continue beating until the batter is perfectly smooth.

Put the timbale iron in a kettle of hot fat for about twenty minutes. Take the bowl of batter in the left hand and hold it near the kettle of hot fat; with the right hand lift the iron from the fat; wipe it on soft paper; dip it into the batter, coating the iron to within three quarters of an inch from the top, allow the batter to dry and then dip it in the hot fat, holding the iron a little sidewise until it is in the fat; then turn perpendicularly and cook until the batter is a delicate brown. Take the iron out the same way it was put in, being very careful not to drop the timbale into the fat; drain the grease off and lay timbale on paper to drain. Wipe the drops of grease from the iron with a soft paper every time it is used. Fill the cases with creamed fish, oysters, chicken or sweetbreads.

TIMBALE OF MACARONI

Boil macaroni as usual in salted water; rinse in cold water and cut into pieces a third of an inch long. Line a mold with these, spreading the bottom and sides thickly with butter first and setting the open ends of the macaroni against the butter. Spread over the macaroni a forcemeat suitable to whatever is to constitute the filling of the timbale; then fill up the mold with highly seasoned fish, game, poultry or oysters. Moisten with sauce; cover with more forcemeat, pinching the edges well together so that the sauce will not break through in cooling. Set the mold in a pan of hot water; cover with buttered paper and bake in a moderate oven for half an hour.

CHICKEN À LA KING

1 cup chicken, cubed
2 mushrooms
¼ green pepper
1 tablespoon butter
2 tablespoons flour
½ cup chicken broth
½ cup cream
Salt and paprika to taste
½ teaspoon lemon juice
1 egg yolk

Cook mushrooms and pepper in ½ tablespoonful butter; melt rest of butter; remove from heat; add flour and stir until smooth; add stock and cream and return to fire; when boiling add other ingredients with egg yolk last. Serve on toast and garnish with parsley.

CHICKEN À LA CRANE

1 cup cold chicken
1 cup boiled mushrooms
1 cup cream sauce

Cut the chicken into small cubes; add the mushrooms, quartered; stir all into the cream sauce; heat thoroughly and serve in patty shells or patty cups.

CHICKEN PATTIES

2 cups cold chicken
Grated nutmeg
1 cup cream sauce

Cut the chicken into small cubes; add a little grated nutmeg; stir into the cream sauce; heat thoroughly and serve in patty shells or patty cups.

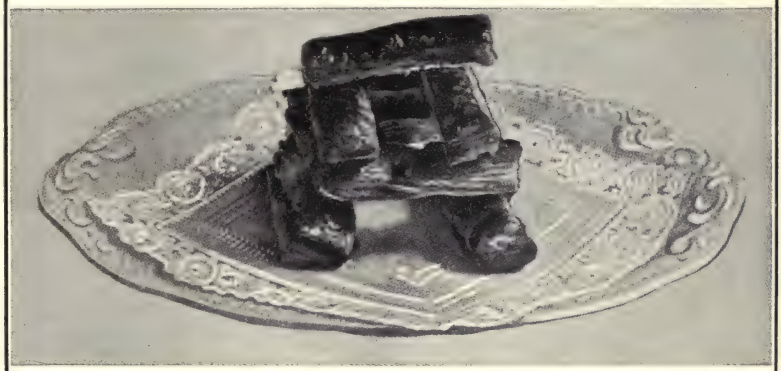
MEAT PATTIES

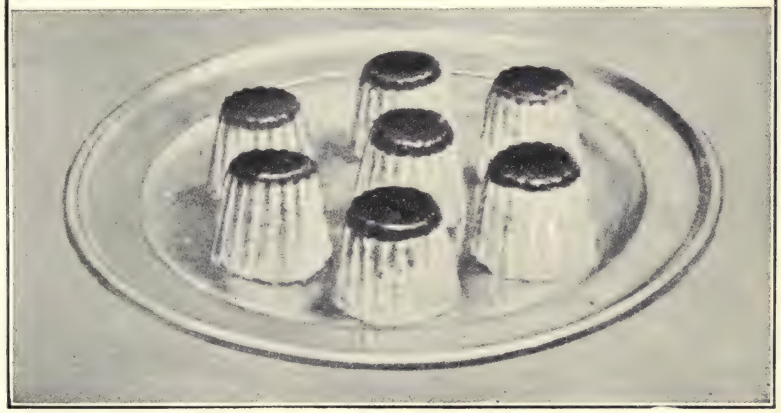
Meat patties of various kinds may be made according to the recipe for chicken patties.

HAM PATTIES

1 cup cold chopped ham
¼ cup fine bread crumbs
1 tablespoon butter
½ teaspoon salt
¼ teaspoon pepper
1 cup milk

Mix the ingredients thoroughly and put a layer in the bottom of buttered patty cups. Break an egg over the top of each; dust with pepper and salt; cover with fine bread or cracker crumbs and bake about eight minutes in a quick oven.





ENTRÉES

Veal Croquettes **Rissoles** **Swedish Timbales**

PATTY SHELLS

Follow the directions for making puff-paste. One half pound of flour will make about six patty shells.

Roll the paste to a thickness of one fourth inch; stamp out with a large round cutter and cut the centers from half of the rounds. Lay the rings thus made on the whole rounds, pressing them down so that they will stick together. In cold weather it may be necessary to wet the top of the large rounds near the edge to make sure that the rings will not slip. If deeper patty shells are wished two or three rings may be placed on top of the rounds instead of one.

Have the oven as hot as for baking white bread. The shells should rise in ten minutes and then take twenty minutes longer to bake through and brown. There will usually be a little soft dough left in the center. This should be carefully removed with a fork.

VOL-AU-VENT

Roll puff-paste one half inch thick and from it cut out two large ovals, using a sharp knife first dipped in flour. Place it on a shallow baking tin; cut a smaller oval from the second piece and lay the ring on the first, moistening slightly so that the two will stick together when baked. Roll out the piece cut from the second oval until it is the size of the others and bake in a separate pan as a cover for the vol-au-vent. Bake in a hot oven, covering with paper after the first fifteen minutes. It will require three quarters of an hour or longer; and unless baked thoroughly the crust will fall in cooling. When ready to use, reheat and fill with creamed oysters or game; or for dessert fill with sugared fruit and serve with whipped cream.

CHICKEN CROQUETTES

1½ cups cold chicken	½ teaspoon onion juice
1 tablespoon butter	½ teaspoon salt
1 tablespoon flour	¼ teaspoon pepper
½ cup milk or stock	½ tablespoon lemon juice
Dash of nutmeg	1 egg

Bread crumbs and beaten egg

Cook the flour in the butter; add the milk gradually; then the seasonings and chicken. Remove from the fire; add the egg, well beaten; mix and cool. Shape in small cones; dip in another

beaten egg; roll in bread crumbs; put in a wire frying-basket and lower into boiling hot fat. Test the fat by lowering a piece of stale bread into it; if the bread browns in thirty seconds the fat is sufficiently hot. Fry the croquettes a light brown; drain over the fat; lay on brown paper in a warm place for a few minutes and serve.

MEAT CROQUETTES

Veal, mutton, lamb, beef and turkey croquettes may be prepared in the same way as chicken croquettes. The secrets of success are to have the croquettes well coated with egg and crumbs and the fat sufficiently hot. Olive oil, cottolene, suetine, lard, or a mixture of any of these with drippings will serve the purpose; but olive oil is best.

RICE CROQUETTES

1 cup boiled rice
1 egg
1 teaspoon sugar
1 teaspoon melted butter
Salt to taste
Cream

Beat the egg light; mix with other ingredients, using enough cream to make the rice malleable. Make into croquettes; dip in egg and fine cracker or bread crumbs and stand for several hours in a cold place. Fry in deep fat, very hot.

SALMI OF GAME

1 cup brown sauce
6 mushrooms
1 cup cooked duck
1 teaspoon catsup
¼ teaspoon lemon juice
¼ teaspoon onion juice
Salt and pepper

Stir the game and mushrooms into the brown sauce and cook until thoroughly heated. When ready to serve add catsup, onion and lemon and season with salt and pepper.

CURRIED RABBIT

- cup chopped cold rabbit
1 cup brown sauce
½ teaspoon onion juice
1 teaspoon curry powder

Add the rabbit meat to the brown sauce; cook until thoroughly heated; season and serve in a border of rice.

SALADS

To make a really good salad—the poem-in-a-picture kind—takes the eye of an artist in selection, the niggardliness of a miser with vinegar, the wisdom of a counselor with salt, and the extravagance of a spendthrift with oil.

—Old Recipe.

SALADS

NO one knows how many centuries salads have been a favorite form of food; probably ever since the ancients discovered that olives would yield their rich, nutritious oil. And rightly so, for the green, uncooked vegetable furnishes the mineral salts, the valuable vitamins, and the bulk so much needed; the oil supplies fuel-and-energy food; and the acid of the vinegar, or of the delicately perfumed lemon, aids digestion. More and more the American people are learning that salads should appear on the table every day in the year. Perhaps the reason that they are not as generally served as they deserve to be is due to the too common use of inferior oils. While there is much nutriment in peanut oil and in cotton-seed oil, neither can be compared with pure olive oil in flavor and digestibility.

In making salads, everything should be crisp and cold both at the time of making and of serving. Greens should always be washed in cold water, and dried by vigorous swinging in a wire basket, or by pressing lightly between a clean folded towel. The salad should be kept on ice as long as possible, and the dressing should not be added until the moment of serving. Mayonnaise dressing is perhaps more generally used with meats than any other. Lettuce and other leaf salads are usually considered better with French dressing.

MAYONNAISE DRESSING

Yolk of 1 egg
1 cup oil
½ teaspoon salt
¼ teaspoon paprika
2 tablespoons vinegar or lemon juice

Beat the egg yolk and add all the seasonings including the vinegar. Add the oil, a teaspoon at a time, and beat after each addition, using either a Dover egg-beater or a wire whip. If the dressing should curdle add a little more vinegar or lemon juice;

or another egg yolk may be beaten in a clean bowl and then the curdled mixture beaten into it, a teaspoon at a time. The egg white may be beaten and added to thin the dressing instead of cream.

Salads with mayonnaise dressing are especially adapted for meals in which there is no regular meat course. Salad with French dressing is better with a meal having a meat course and a rich dessert.

COLORED MAYONNAISE

To color Mayonnaise green add one tablespoon of ravigote herbs to the finished dressing; or chop parsley leaves very fine; pound them in a small quantity of lemon juice; strain and add the juice to the dressing.

To color Mayonnaise red rub one scant tablespoon of lobster coral through a fine sieve and add it to the dressing.

WHITE MAYONNAISE

To make white Mayonnaise follow the ordinary directions, using lemon juice instead of vinegar, omitting the paprika and adding, when finished, a half cup of whipped cream or half an egg white beaten very stiff.

COOKED DRESSING (MOCK MAYONNAISE)

1 cup milk
1 tablespoon butter
2 teaspoons mustard
2 teaspoons sugar
2 teaspoons flour
1 egg
1 tablespoon vinegar
½ teaspoon salt

Heat the milk and butter; add the egg into which the mustard and sugar and flour have been well beaten. Stir over the fire until the mixture thickens; add the vinegar; take from the fire and add the salt. This may be used in place of Mayonnaise dressing by those who do not care for oil.

CREAM DRESSING

1 cup cream
1 tablespoon sugar
1 tablespoon vinegar
¼ teaspoon salt
Dash of red pepper

Mix the sugar, vinegar, salt and pepper thoroughly together; then add the cream gradually.

FRENCH DRESSING

2 tablespoons vinegar
6 tablespoons olive oil
1 teaspoon salt
½ teaspoon paprika

Put the salt and paprika in a bowl; add a little oil and beat well; then gradually add the remainder of the oil, stirring constantly. Last of all stir in the vinegar, drop by drop.

SALAD DRESSING IN LARGE QUANTITY

3 eggs
3 tablespoons flour
1½ cups cold water
Red and black pepper
1 teaspoon mustard
½ cup vinegar
3 egg yolks
1 cup olive oil
Salt

Beat the three whole eggs; add the mustard and flour well mixed with the water and a little red and black pepper. Put the vinegar on to boil and while boiling add the egg and mustard mixture, stirring constantly until it thickens. When cold add a Mayonnaise made of the three egg yolks and olive oil. Add salt after all is finished.

This makes about a quart and is useful for chicken salad or for any purpose where a large quantity of dressing is needed. In winter it will keep a week or more.

CHICKEN SALAD

1 cup cold cooked chicken
1 cup chopped celery
Mayonnaise dressing
Lettuce
Stuffed olives

Mix the chicken and celery lightly with Mayonnaise dressing; pour into a bowl lined with lettuce leaves; throw a little more dressing over the top and garnish with stuffed olives.

TOMATO SURPRISES

¾ cup cold chopped meat
½ tablespoon chopped onion
½ tablespoon Worcestershire sauce
½ saltspoon salt
4 tablespoons Mayonnaise
4 tomatoes
Lettuce

Season the meat with onion, sauce and salt, and mix with the dressing. Have the tomatoes very cold; cut a slice from the stem end and scoop out the seeded portion. Fill each with the salad mixture and serve on a leaf of crisp lettuce.

SARDINE SALAD

1 small box sardines
Juice of ½ lemon
3 hard-boiled eggs
Mayonnaise dressing

Prepare the sardines, free from oil, bones and skin; season with lemon juice; cut into small pieces and mix with the eggs, finely chopped. Arrange on a bed of lettuce leaves and serve with Mayonnaise dressing.

SHRIMP SALAD

1 can shrimps
1 stalk celery
1 head lettuce
½ cup Mayonnaise dressing
Olives and radishes

Remove the shrimps from the can; cover with cold water and let stand a few minutes. Drain; dry between towels, and break into small pieces. Cut the celery into half-inch pieces; mix with the shrimps and the Mayonnaise dressing, and arrange on lettuce leaves, garnishing with olives or radishes.

SALMON SALAD

1 can salmon
1 head lettuce
Mayonnaise dressing
Ripe olives

Remove the salmon from the can; wash in a colander under running water and drain. On each salad plate make a nest of lettuce leaves and in it bury a portion of the salmon, broken into small pieces and covered with Mayonnaise. Garnish with ripe olives.

LOBSTER SALAD

1 boiled lobster
1 head lettuce
Mayonnaise dressing
Lobster coral

Cut boiled lobster into one-inch pieces and keep on ice until ready to serve. Arrange fresh lettuce in a bowl; pour the lobster mixed with Mayonnaise in the center; smooth the top; cover well with dressing and sprinkle with powdered lobster coral.

LETTUCE SALAD

Throw away the outer leaves of the head of lettuce; wash the rest carefully in running water and dry them in a clean towel. Break or tear the leaves into convenient pieces and serve with Mayonnaise, cream or French dressing.

COMBINATION SALAD

Scald tomatoes; remove the skin and place them on ice. Wash and drain lettuce; arrange in a salad bowl; slice the tomatoes over it and serve with Mayonnaise or French dressing.

NOVEL TOMATO SALAD

1 cup cherry tomatoes
1 cup small yellow tomatoes
1 clove garlic
1 tablespoon chopped parsley
French dressing
Lettuce

Scald the tomatoes; peel carefully and set on the ice to cool. At serving time rub the salad bowl with garlic and line with heart leaves of lettuce. Place the yellow tomatoes in the center and the red ones around them. Cover with French dressing and sprinkle with the parsley.

TOMATO JELLY

¼ box gelatine
½ cup cold water
Juice from 1 pint tomatoes
½ teaspoon onion juice
1 teaspoon sugar
1 bay leaf
½ teaspoon chopped parsley
Salt and pepper
Lettuce
Mayonnaise dressing

Soak the gelatine in the water for one hour. Bring to a boil the liquor drained from a pint can of tomatoes and add to it the seasoning and herbs. Let this simmer for twenty minutes; add the gelatine; stir until dissolved and strain through a cloth into molds—preferably individual ones. Serve on lettuce leaves with Mayonnaise dressing or use as a garnish for other salads.

DEVILED EGGS

6 eggs
½ teaspoon mustard
1 tablespoon olive oil or butter
Salt and red pepper
A little vinegar if desired

Boil the eggs for fifteen minutes; then throw them into cold water to prevent the whites from darkening. Remove the shells; cut in halves lengthwise; take out the yolks carefully and mash them with the oil or butter and seasoning. If desired, a tablespoon of minced ham or tongue or a little chopped parsley and onion may be added. Fill the cavity of each half with the paste and set in a cool place until needed. Serve on crisp lettuce leaves or on a platter garnished with parsley or watercress.

PEPPER AND CREAM CHEESE SALAD

1 large green pepper
1 cream cheese
2 tablespoons chopped walnuts
Mayonnaise dressing
Lettuce

Select a large pepper that is sweet; cut off the stem end; remove the seeds and turn it upside down to drain. Mash the cream cheese; mix with the walnuts and press into the pepper, being careful to fill all the crevices. Set away on the ice for several hours; when ready to serve cut into thin slices and serve on crisp lettuce leaves with Mayonnaise dressing.

NASTURTIUM SALAD

1 head lettuce
1 tablespoon nasturtium seeds
French dressing
Nasturtium blossoms

Wash the lettuce and place it in a bowl; scatter the seeds over the top; cover with French dressing and garnish with nasturtium blossoms.

EGG SALAD

6 hard-boiled eggs
1 head lettuce
Mayonnaise dressing

Cut the whites of the eggs into rings and arrange them on the lettuce leaves; sift over them the yolks, using a fine wire sieve. Serve with Mayonnaise dressing.

POTATO SALAD No. 1

4 boiled potatoes
1 chopped onion
French dressing
Lettuce
1 hard-boiled egg

To make the best salad do not use left-over potatoes, but boil them freshly, removing them from the water the moment they are tender. Slice carefully; mix with the onion and French dressing and serve on lettuce leaves garnished with slices of hard-boiled egg.

POTATO SALAD No. 2

4 boiled potatoes
4 hard-boiled eggs
Mayonnaise dressing
Lettuce
1 tablespoon chopped parsley

Boil the potatoes, removing them from the water as soon as they are tender; slice and mix with the eggs, finely chopped, and the

Mayonnaise. Serve on lettuce leaves and sprinkle parsley over the top.

COLD SLAW

Select a small, compact cabbage; strip off the outside leaves and cut the head in quarters. With a sharp knife slice very thin; soak in cold water until crisp; drain and dry between clean towels. Mix with hot dressing and serve when cold.

COLD-SLAW DRESSING

2 eggs
1 cup vinegar
1 teaspoon sugar
½ tablespoon butter
¼ teaspoon salt

Beat the eggs thoroughly; add the other ingredients and cook all over boiling water until the mixture thickens.

BEET SALADS

1. Cut cold cooked beets into half-inch dice; mix with shredded lettuce leaves or watercress, and serve on whole lettuce leaves, covered with French dressing.

2. Arrange alternate layers of cold cooked beets and hard-boiled eggs on a bed of lettuce leaves, and sprinkle over the top a little finely-chopped onion. Serve with French dressing.

3. Arrange alternate layers of cold cooked beets and cabbage, finely chopped and well mixed with Mayonnaise or cooked salad dressing. Serve on lettuce.

CUCUMBER SALAD

2 dozen cucumbers
6 small onions
6 tablespoons salt
1 gill olive oil
1 tablespoon celery seed
1 quart vinegar

Cucumber salad should be made in large quantities, as it will keep indefinitely and is good to serve in emergencies. Peel and slice thin the cucumbers and onions; spread in layers; sprinkle with salt and let stand for several hours. Then drain. Mix the oil and celery seed; add the vinegar, drop by drop, and pour over the cucumbers and onions. Mix well; put into sterilized pint jars; seal and set away in a cool, dark place.

WINTER SALAD

1 small head lettuce
1 lemon
2 juicy apples
½ cup chopped celery
Mayonnaise dressing

Pare the apples and lemon and cut them into thin slices. Mix thoroughly with the celery and cover with Mayonnaise or French dressing. Serve on crisp lettuce leaves.

SALMAGUNDI SALAD

3 boiled white potatoes
½ cucumber
½ cup cooked peas
1 apple
¼ teaspoon celery salt
1 hard-boiled egg
Mayonnaise dressing

Slice the potatoes; chop the cucumber, apple and egg; then mix all the ingredients together, pouring over them Mayonnaise dressing. Serve on crisp lettuce leaves.

WATER-LILY SALAD

1 head lettuce
6 hard-boiled eggs
Mayonnaise dressing

Line a circular dish with the lettuce. Cut the whites of the eggs in pieces lengthwise, like the petals of a water-lily. Arrange the pieces in circular form on the lettuce, and in the center pour the yolks of the eggs mixed with Mayonnaise. Or lay a large green leaf on each individual plate and make a small lily with each egg.

CAULIFLOWER SALAD

1 small cauliflower
2 tablespoons lemon juice
French dressing
Lettuce
1 tablespoon chopped parsley

Wash the cauliflower carefully; tie in a cloth and cook in boiling, salted water until thoroughly tender. When done remove the cloth; pour the lemon juice over the cauliflower and set it on the ice to cool. When ready to serve separate the flowerets; lay them on lettuce leaves; cover with French dressing and sprinkle parsley over the top.

NORMANDY SALAD

1 small can French peas
½ teaspoon sugar
Salt and pepper
½ pound pecans
½ cup Mayonnaise dressing
1 small head lettuce

Cook the peas slowly in their own liquor, seasoning them with salt, pepper and sugar. When the peas have absorbed all the liquor, set them aside to cool; mix with the chopped pecans and Mayonnaise and serve on lettuce leaves.

MARINE SALAD

4 cucumbers
2 green peppers
1 onion
French dressing

Scoop out the inside of the unpeeled cucumbers, which will then have the appearance of small green boats. Chop the pulp thus removed with the peppers and onion and mix well with French dressing. Fill the boats and in the bow of each erect a white sail cut from paper and fastened to a long toothpick.

WATERMELON SALAD

2 cups watermelon
4 tablespoons sugar
1 teaspoon cinnamon
¼ teaspoon grated nutmeg
Juice of 1 orange
Lettuce

Line a salad bowl with lettuce leaves and in it place the watermelon cut into small cubes. Mix the sugar, cinnamon and nutmeg, and sprinkle over the melon; then pour the orange juice over all.

FRUIT SALAD

2 bananas
2 oranges
Juice of ½ lemon
Lettuce
French dressing

Slice the bananas and oranges and pour the lemon juice over all. Serve on lettuce leaves with French dressing.

FRUIT AND NUT SALAD

2 bananas
2 oranges
½ cup English walnuts
Juice of ½ lemon
Lettuce
French dressing

Slice the bananas and oranges and mix them with the nuts and lemon juice. Serve on lettuce leaves with French dressing.

WALNUT SALAD

1 cup walnut meats
1 cup chopped celery
Lettuce
Mayonnaise dressing

Procure the best grade of walnuts and remove the meat from the shells in perfect halves. Mix walnuts and celery with Mayonnaise dressing and serve on crisp lettuce leaves.

Apples cored and cut into cubes may be substituted for the celery, or may be added to both nuts and celery if desired.

PEANUT SALAD

1 cup shelled peanuts
Olive oil
2 cups chopped celery
1 dozen ripe olives
Lettuce

Soak the peanuts in olive oil; drain and mix with the celery and olives, pitted and minced. Serve on lettuce, adding seasoning or dressing as desired.

BANANA SALAD

Peel the bananas and scrape them carefully to remove all stringy matter. Roll each in grated nuts and lay on a lettuce leaf. Serve with Mayonnaise dressing.

FRUIT PYRAMIDS

On each salad plate lay a leaf of fresh lettuce, then a slice of canned pineapple, then whole slices of pared apple, orange, peach, plum or any other fruit that is in season. On the top place a maraschino cherry, and pour over all a dressing made of equal parts of lemon juice and olive oil.

OCTOBER SALAD

4 red apples
1 grape-fruit
2 tablespoons powdered sugar
½ cup canned cherries
3 tablespoons lemon juice
4 autumn leaves

Select hard red apples; wash and dry them; cut a slice from the top of each and remove the hearts. After taking the cores from the hearts chop them together with the grape-fruit and cherries; mix with the sugar and lemon juice and return to the apple cases. Place each apple on a brilliant autumn leaf.

GRAPE-FRUIT SALAD

Cut the grape-fruit in halves and remove the pulp, being careful to get none of the tough white skin. Mix with bananas and oranges and stir in white Mayonnaise dressing. Remove all skin from the inside of the grapefruit and fill with the mixture, heaping it high and ornamenting with maraschino cherries. Lay each half in a bed of lettuce leaves and serve.

GRAPE-FRUIT AND PINEAPPLE SALAD

Cut the grape-fruit in half and remove the pulp with a spoon, being careful to get none of the tough white skin. Mix with fresh or canned pineapple and serve on crisp lettuce leaves, covered with white Mayonnaise dressing.

TULIP SALAD

4 ripe tomatoes
12 chopped pecans
1 quart best cider vinegar
Mayonnaise dressing
Lettuce
1 tablespoon peppercorns

Scald the tomatoes; remove the skins and chill thoroughly. Then with a sharp knife cut from blossom-end to stem-end into points and press open, leaving a round bulb of seeds in the center. Mix a little Mayonnaise with the pecans and place a spoonful on the top of each bulb. Serve on lettuce leaves.

BANANA DAINTY

Cut the bananas in half crosswise and arrange them on a plate, radiating from the center. Sprinkle with grated nuts or nutmeg and heap white Mayonnaise in the center. Garnish with maraschino cherries.

NUT AND CHEESE RELISH

1 package cream cheese
2 tablespoons whipped cream
1 cup chopped nut meats
1 teaspoon chopped parsley
Salt and red pepper

Mix the cheese with the cream, nuts, parsley and seasonings. Roll into balls and serve cold, garnished with parsley and chopped nuts. This makes a pleasant accompaniment to a plain lettuce or lettuce and tomato salad, served on the same plate.

CONVENIENT VINEGARS FOR VARYING SALADS

Instead of plain cider vinegar in making salads, fancy vinegars, which will give unusual flavor and variety, may be made at trifling cost and kept on hand.

CELERY VINEGAR

1 quart best cider vinegar
2 tablespoons sugar
1 tablespoon peppercorns
2 teaspoons salt
1 small handful crushed celery leaves

Heat one-half the vinegar to the boiling point. Add the celery leaves, sugar, and seasonings. Stir well. Boil three minutes. When cool, add the remaining vinegar. Let stand in a jug or bottle two or three weeks, shaking occasionally. Strain and bottle. Excellent in apple, or "Winter" salads.

TARRAGON VINEGAR

1 quart best cider vinegar
1 small handful fresh tarragon

Pick the tarragon leaves from the stems. Put them in a wire strainer. Set the strainer in boiling water for two minutes. Lift strainer, drain and chop beans, and add them to the vinegar. Let stand ten days or longer, shaking frequently. Strain and bottle for use.

MINT VINEGAR

1 quart best cider vinegar
1 large handful mint leaves

Heat one pint vinegar to the simmering point. Wash and chop the mint leaves. Add to the hot vinegar. Cover, and steep in a warm place for thirty minutes. Add the remaining vinegar. Strain and bottle.

PUDDINGS AND DESSERTS

The proof of the pudding is in the eating.

—Don Quixote.

PUDDINGS AND DESSERTS

A LITTLE girl once defined desserts as "What you eat after you are through"; which is an excellent description of the heavy desserts often unwisely served after a meal furnishing all the nutriment needed. Desserts of milk and eggs, for instance, should not follow such meals; but, instead, some light dainty like lemon jelly. Mince pie or plum pudding should not "top off" a turkey dinner; better a simple salad and bonbons. When depended upon for their food value, however, custards and milk puddings are especially desirable for children, and for adults to whom eggs and milk are not acceptable in other forms.

RICE PUDDING

2 quarts milk — **⅔ cup rice**
½ teaspoon salt — **⅔ cup sugar**
Grated nutmeg or cinnamon

Wash the rice; mix with half the milk and the salt and sugar and pour into a buttered pudding dish. Bake for several hours in a slow oven, stirring frequently and adding the rest of the milk. When the last milk is added, grate nutmeg over the top and let the pudding brown.

A cup of seeded or seedless raisins may be baked in the pudding if desired.

BOILED CUSTARD

2 cups hot milk — **2 tablespoons sugar**
Pinch of salt — **2 eggs or yolks of 3 eggs**
½ teaspoon vanilla

Put the milk on to heat in a double boiler. Beat the eggs thoroughly with the sugar; into them pour the hot milk, stirring to prevent lumps. Return all to the double boiler and cook until the custard coats the spoon, but no longer. If the mixture should curdle, set the boiler in a pan of cold water and beat with a wire

egg-beater until smooth. When the steam passes off add the vanilla or other flavoring.

In the winter, when eggs are expensive, the custard may be made with one egg and one heaping teaspoon of cornstarch dissolved in a little cold milk.

If desired, the whites of the eggs may be beaten separately and added to the custard after it is cold or beaten with sugar into a meringue.

RICE MERINGUE No. 1

3/4 cup rice	Yolks of 4 eggs
1/4 pound butter	Little grated lemon rind
1/2 cup powdered sugar	Whites of 4 eggs
1 quart milk	4 tablespoons granulated sugar

Juice of 1 lemon

Boil the rice in water; while hot add the butter; when cool add the sugar, milk, beaten yolks and lemon. Pour into a buttered pudding dish and cover with a meringue made of the whites of eggs and granulated sugar, flavored with lemon juice. Brown in a hot oven.

RICE MERINGUE No. 2

2 tablespoons rice	Pinch of salt
1 quart milk	Lemon or vanilla flavoring
Yolks of 2 eggs	Whites of 2 eggs
4 tablespoons sugar	2 tablespoons sugar

Cook the rice in a little water; drain and add the yolks, sugar, salt and flavoring. Cover with meringue and brown in the oven.

CORNSTARCH PUDDING

3 cups scalded milk	1/3 cup sugar
6 level tablespoons cornstarch	1/4 teaspoon salt
1/4 cup cold milk	2 eggs

1 teaspoon vanilla

Mix the cornstarch with the cold milk; stir the scalded milk slowly into this mixture and stir over hot water until the cornstarch thickens. Beat the eggs slightly; add sugar and salt; pour over them the cornstarch mixture and cook one minute longer. Serve cold with cream and sugar.

CHOCOLATE PUDDING

2 tablespoons cornstarch
1 pint milk
2 tablespoons grated chocolate
½ cup sugar

Dissolve the cornstarch in a little cold milk or water and add it to the pint of milk which has just been brought to a boil. Add the sugar and chocolate; boil until the mixture thickens; pour into wet molds and set aside to cool. At serving time turn from molds and serve with whipped cream or boiled custard sauce.

COCOANUT CORNSTARCH

1 cup shredded cocoanut
3 tablespoons sugar
2 tablespoons cornstarch
1 pint milk
Whites of 3 eggs
1 teaspoon vanilla
Custard sauce

Mix the sugar and cornstarch in a double boiler; add the milk and stir over the fire until it thickens; then add the cocoanut and cook slowly for half an hour, stirring occasionally. Remove from the fire; add the stiffly beaten whites and the vanilla and pour into a wet mold. Turn from the mold when chilled and serve with custard sauce.

COCOANUT JUNKET

4 tablespoons shredded cocoanut
1 quart milk
2 tablespoons sugar
1 junket tablet
1 tablespoon cold water
2 teaspoons vanilla

Mix the cocoanut and milk and let them stand in a warm oven for half an hour. Add sugar; strain when dissolved, and add the tablet dissolved in the cold water. Add the flavoring; pour the junket into glasses and let stand in a warm place, until firm. Remove to cool place, and at serving time sprinkle with sugar and cocoanut. Serve with or without cream.

MOCK CHARLOTTE

Whites of 4 eggs
3 tablespoons cornstarch
1 cup boiling water
½ cup sugar
½ teaspoon vanilla
Custard sauce

Moisten the cornstarch with a little cold water; pour over it the boiling water and sugar and cook until the mixture begins to clarify. Pour while hot over the well-beaten whites of the eggs;

mix and flavor and turn into a bowl that has been rinsed in cold water. At serving time turn out and pour custard around it.

ORANGE PUDDING

2 oranges
1 pint milk
½ cup sugar
Yolks of 2 eggs
1 tablespoon cornstarch
Whites of 2 eggs
2 tablespoons sugar

Slice the oranges into a pudding dish. Bring the milk to a boil and pour it on the egg which has been well beaten with the sugar and cornstarch. Boil until the mixture thickens; pour over the oranges; cover with a meringue made of the whites of eggs and the two tablespoons of sugar; brown quickly in the oven.

BLANC MANGE

6 level tablespoons cornstarch
¼ cup cold milk
⅓ cup sugar
2¼ cups scalded milk
Pinch of salt
1 teaspoon vanilla

Stir the cornstarch and cold milk together, adding the sugar. Pour the scalded milk slowly over the first mixture and stir until it thickens. Cook in a double boiler for twelve minutes; pour into a wet mold and stand aside to cool. When ready to serve, turn from the mold and decorate with candied cherries or preserved fruit. Serve with cream and sugar or with boiled custard sauce.

RICE BLANC MANGE

6 tablespoons ground rice
1 quart milk
⅓ cup sugar
1 teaspoon flavoring

Soak the rice for twenty minutes; stir into the milk; boil and stir until it thickens, using a double boiler to prevent sticking. Add sugar and flavoring; pour into wet molds and stand away to cool. Serve with sugar and cream.

HOMINY PUDDING

2 tablespoons ground hominy
1 quart milk
Pinch of salt
4 tablespoons sugar
3 eggs
1 teaspoon flavoring

Pick over the hominy and let it soak in the milk for half an hour; cook in a double boiler for forty-five minutes; pour over the beaten

yolks and sugar; add flavoring and beaten whites; bake in a slow oven for about twenty minutes. Serve with lemon, chocolate or other sauce.

ALMOND CREAM

1 pint scalded milk
Yolks of 2 eggs
3 tablespoons brown sugar
1½ tablespoons cornstarch
3 drops almond extract
Whites of 2 eggs
2 tablespoons sugar

Beat the yolks with the brown sugar and cornstarch; pour on them the scalded milk; stir until the mixture thickens; flavor and pour into a baking dish. With the whites of the eggs and granulated sugar make a meringue; spread over the custard and brown in the oven.

TAPIOCA CUSTARD

3 tablespoons tapioca
1 quart milk
Yolks of 3 eggs
4 tablespoons powdered sugar
Whites of 3 eggs
Pinch of salt
1 teaspoon vanilla

Soak the tapioca over night; drain and put over the fire in the milk; boil slowly half an hour or until the tapioca is transparent. Pour this mixture on the yolks, well beaten with the sugar; and boil all until a custard is formed. Remove from the fire; add the beaten whites, salt and flavoring. Lemon juice may be substituted for the vanilla if preferred.

COCOANUT TAPIOCA

4 tablespoons tapioca
1 quart milk
Yolks of 3 eggs
⅔ cup sugar
⅓ cup shredded cocoanut
1 teaspoon vanilla
Whites of 3 eggs
3 tablespoons sugar

Soak the tapioca in water over night; drain and add the milk. Bring slowly to the boiling point; stir in the yolks of the eggs, beaten with the sugar. Cook until the custard thickens, stirring all the time; then remove from the fire and add the cocoanut and the vanilla. Make a meringue of the whites of eggs and sugar; pile lightly over the custard and set in the oven until delicately browned.

MOUNTAIN-DEW PUDDING

6 rolled soda crackers
Yolks of 4 eggs
1 tablespoon butter
1 quart milk
½ cup sugar
Whites of 4 eggs
4 tablespoons sugar

Beat the yolks of the eggs and mix thoroughly with the crackers and butter; stir in gradually the milk and sugar; pour into a buttered pudding dish and bake for half an hour. Make a meringue of the whites of eggs and the four tablespoons of sugar; spread this over the top; brown and serve when cool.

CUP CUSTARDS

4 cups scalded milk
4 eggs
4 tablespoons sugar
¼ teaspoon salt
Grated nutmeg

Beat the eggs with the sugar and salt; add the milk and pour into cups, grating nutmeg over each. Set the cups in a pan of hot water and bake in a slow oven until the custard is set. Test by running a silver knife through the custard: if it comes out clean the custard is done. Overcooking will make the custard "watery."

CARAMEL CUSTARD

4 cups scalded milk
½ cup sugar
4 eggs
¼ teaspoon salt
1 teaspoon vanilla

Melt the sugar until it is light brown in color; add it to the milk. Beat the eggs; add the milk and sugar, salt and flavoring, and bake in cups as directed for cup custards. Serve with caramel sauce.

APPLE SNOW

1 large sour apple
¾ cup powdered sugar
Whites of 2 eggs
Boiled custard

Peel and grate the apple, sprinkling the sugar over it as it is grated to keep it from turning dark. Add the unbeaten whites of the eggs; beat constantly for half an hour; arrange mound-fashion on a glass dish with cold boiled custard around it.

STRAWBERRY TRIFLE No. 1

1 cup mashed strawberries
1 cup powdered sugar
Whites of 3 eggs
Boiled custard

Make and serve like Apple Snow.

STRAWBERRY TRIFLE No. 2

Stale cake
½ cup milk
1 egg
Sugar to taste
¼ teaspoon vanilla
1 pint cream
1 cup crushed strawberries

Line the bottom of a glass dish with slices of stale cake, and pour over them a boiled custard made from the milk and egg, sweetening to taste and flavoring with vanilla. Whip the cream; mix with the strawberries and pile over the custard, decorating the top with a few whole berries.

LEMON JELLY

½ box or 2 tablespoons gelatine
1 cup cold water
1½ cup boiling water
¾ cup sugar
1 cup lemon juice

Soak the gelatine in the cold water for five minutes; then pour on the boiling water; add the sugar and stir until dissolved and cooled. Then add the lemon juice; strain through sterilized cheesecloth and set aside in a cool place until stiff.

WHIPPED JELLY

Make lemon jelly in the usual way. See directions above. Place it in a bowl on the ice, and when it is cool, but before it begins to harden, beat with a Dover beater until white and frothy. Turn into a mold and set in a cool place to harden; serve with boiled custard or with preserved cherries or other fruit.

COFFEE JELLY

¼ box or 1 tablespoon gelatine
¼ cup cold water
¾ cup boiling water
¼ cup sugar
1 cup strong coffee

Soak the gelatine in the cold water for two hours; add the boiling water and sugar and stir until dissolved; then add the coffee;

strain through cheesecloth into a wet mold and stand away until the following day. Serve with whipped cream.

SPANISH CREAM

½ box or 2 tablespoons gelatine
1 quart milk
½ cup sugar
3 eggs
Pinch of salt
1 tablespoon vanilla

Scald the milk with the gelatine and pour slowly on the yolks, well beaten with the sugar. Return to the fire; stir and cook until thickened, but no longer; remove; add salt, flavoring and whites of eggs beaten stiff. Turn into wet molds; cool and serve with whipped or plain cream.

BAVARIAN CREAM

½ box or 2 tablespoons gelatine
1 pint milk
Yolks of 7 eggs
5 tablespoons powdered sugar
1 cup milk
1 cup rich cream
1 teaspoon vanilla

Dissolve the gelatine in the pint of milk and stir over the fire until thoroughly hot; then remove from the fire. Beat the yolks of the eggs until light; add the sugar and more milk; stir well; add the hot milk and gelatine. When thoroughly mixed stir in the cream; flavor and add more sugar if desired. Return to the fire; stir until the custard thickens a little; pour into a wet mold and when cool stand on the ice until serving time.

BRIDGE-WHIST PUDDING

1 pint milk
1 egg
Sugar
1 teaspoon vanilla
1 cup thick cream
¼ box or 1 tablespoon gelatine
¼ cup water
English walnuts
Candied cherries
Lady fingers

Make a custard of the milk and egg, sweetening to taste and flavoring with vanilla; to this add the cream, whipped, and the gelatine, dissolved in the water. Add chopped walnuts and cherries and turn into a mold lined with lady fingers. Stand aside for several hours before serving.

JOYFUL PUDDING

1/3 cup rice
1/2 cup milk
1 cup sugar
1 tablespoon gelatine
1 tablespoon cold water
1 teaspoon vanilla
1 cup thick cream

Clean the rice and cook it in a little water for five minutes; drain thoroughly; then cook with the milk for one hour, using a double boiler. Set the pan in cold water; add the sugar and the gelatine which has been previously soaked in the cold water. When thoroughly cold add the cream, whipped, and the vanilla.

CHARLOTTE RUSSE

1/4 cup cold water
1 tablespoon gelatine
1/4 cup boiling water
1/2 cup sugar
1 pint whipped cream
1 teaspoon vanilla
6 maraschino cherries
1 dozen lady fingers

Soak the gelatine in the cold water; add the hot water; stir until dissolved; then add the sugar. As soon as this is cool but not cold whip it into the cream which has already been whipped; flavor with vanilla and chopped cherries and turn into a bowl lined with halves of lady fingers.

WHIPS

1/2 box or 2 tablespoons gelatine
1/2 cup cold water
1 cup boiling water
1/2 cup sugar
1 teaspoon vanilla
Whites of 2 eggs
Candied Cherries

Soak the gelatine in the cold water; pour over it the boiling water; add the sugar and the vanilla. When this begins to congeal add the unbeaten whites of eggs; beat until white and frothy; fill glasses and place a candied cherry on top of each. Serve with cream or with custard sauce.

PRUNE WHIP

1 pound prunes
Sugar to taste
Whites of 2 eggs
1 tablespoon pulverized sugar

Wash the prunes thoroughly and soak them over night. In the morning cook until tender in the water in which they have soaked; remove the stones; chop fine and sweeten to taste. Beat the eggs;

add the powdered sugar, then the prunes. Beat thoroughly and stand on the ice to chill. Serve in individual glasses or paper cases with whipped cream or custard sauce.

CHOCOLATE CHARLOTTE

Whites of 5 eggs
2 ounces unsweetened chocolate
1 cup sugar
½ cup water
1 teaspoon vanilla

Boil the sugar, water and chocolate until a thin syrup is formed; remove from the fire; fold in the beaten whites; add flavoring and bake until the eggs are set. Serve cold with custard sauce.

REALENGO

¾ cup fresh fruit
Whites of 3 eggs
Sugar
Whipped cream

Press the fruit through a sieve; heat and sweeten; add this to the well-beaten whites, beating continually. Turn into a buttered mold and bake in a slow oven until firm. Remove; cover the top with whipped cream sweetened and flavored to taste; decorate with preserved cherries or citron. This is a favorite Mexican dessert.

DELICATE PUDDING

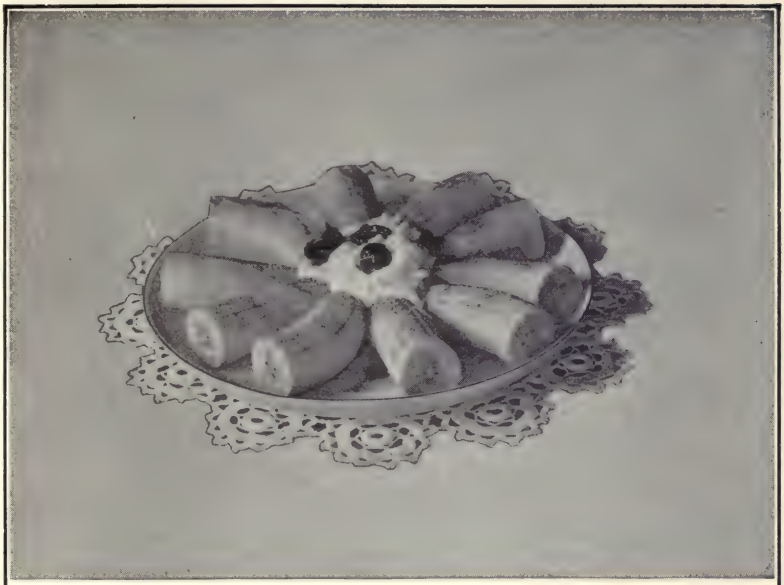
1½ cups water
½ cup sugar
½ saltspoon salt
3 tablespoons cornstarch
3 egg whites
Juice and rind of 1 lemon

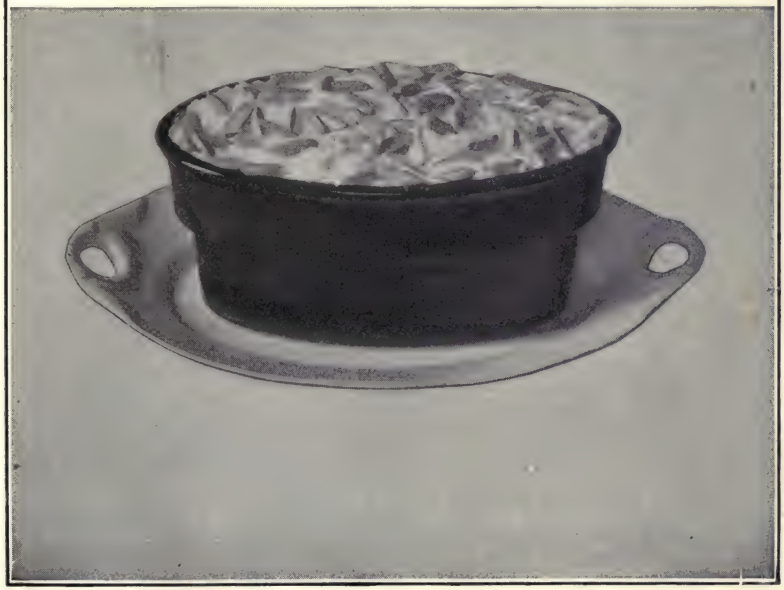
Mix sugar, salt and water and bring to the boiling point. Mix the cornstarch in a little cold water and stir it into the boiling syrup. Cook ten minutes; pour over the beaten egg whites; return to the fire a minute to set the egg; add the lemon; turn into a wet mold and set on the ice until serving time. Serve with berries or sliced peaches.

APPLE TAPIOCA

¾ cup tapioca
1 quart water
Sugar
6 apples
A little grated nutmeg

Soak the tapioca and boil it in the water until clear, sweetening to taste. Pare and core the apples and place them in a baking





BANANA DAINTY ALMONDS WITH EGGS

dish. Fill the cores with sugar; pour the tapioca around them and grate a little nutmeg over the top. Cover and bake until the apples are soft. Serve with cream.

CHERRY TAPIOCA

¾ cup tapioca
1 quart water
Sugar
1 cup stoned cherries

Soak the tapioca and boil it in the water until clear, sweetening to taste. Add the stoned cherries; cook for three minutes and set aside to cool. Serve with cream.

Peaches or other fruit may be used instead of cherries.

FIG DESSERT

2 pounds white figs
2 cups sugar
Sponge cake
Whipped cream

Soak the figs over night. In the morning boil slowly until tender; add the sugar and boil until a thick syrup is formed. Line a dish with sponge cake or lady fingers; pour the figs in the center and cover with whipped cream that has been sweetened and flavored. Decorate with candied cherries or angelica.

APPLE MERINGUE

4 large tart apples
⅓ cup cold water
Sugar to taste
Grated rind of 1 lemon
White of 1 egg
1½ tablespoons sugar
Grated cocoanut

Peel, core and slice the apples; stew them in the water until soft; press through a colander; sweeten to taste and flavor with lemon rind. Make a meringue of the egg and sugar; put the apples in a pudding dish and cover them with it, dusting all with grated nuts or cocoanut. Brown in the oven; serve with cream.

BERRY CHARLOTTE

1 pint berries
½ cup water
1 cup sugar
1 pint bread

Wash the berries; stew them in the water and sugar until the juice forms a syrup, mashing the fruit with a vegetable masher, and straining to remove the seeds. Put alternate layers of bread and cooked berries in a mold and when cool set on the ice until needed. Turn out and serve with cream or with cold boiled custard.

BREAD-AND-BUTTER PUDDING

Bread and butter
3 eggs
½ cup sugar
¼ teaspoon salt
1 quart milk
1 teaspoon flavoring

Cut thin slices of bread; remove the crusts; butter both sides and line the bottom and sides of the pudding dish with them. Beat the eggs; add milk, sugar and flavoring; strain and pour over the bread. Sprinkle cinnamon or nutmeg over the top; let stand for twenty minutes; then bake in a slow oven. As soon as the custard begins to thicken on the sides of the dish it is done, and should be removed at once or it will whey. Serve with or without sauce.

BREAD PUDDING

Three-day old bread
Butter
Sugar
Cinnamon
Allspice
Chopped raisins
Milk
Pinch of salt
Molasses

Cut the bread very thin; butter it; put a layer in the pudding dish; add a little sugar, a pinch of allspice and cinnamon, a grating of nutmeg and a handful of chopped raisins. Add further layers until the dish is full, finishing with a layer of bread. Heat the milk; add a pinch of salt and enough molasses to color it perceptibly. Pour slowly over the mass, continuing until by gently pressing the bread the milk can be seen. Cover with a plate and leave in a moderately warm place over night. If it seems dry in the morning add more milk. Bake in a moderate oven three or four hours. Keep covered with the plate for two hours; then cover with paper.

COTTAGE PUDDING

1 tablespoon butter
1 cup sugar
1 egg
¾ cup milk
1½ cups flour
2 teaspoons baking powder
Pinch of salt

Beat the butter and sugar to a cream; add the egg and beat again. Mix and sift the dry ingredients and add them alternately with the milk. Turn into a buttered cake pan and bake about half an hour. Serve with vanilla or lemon sauce.

PEACH PUDDING

3 eggs
4 tablespoons sugar
3 tablespoons milk
3 tablespoons sifted flour
Sugared peaches

Fill a baking dish three-quarters full with peaches and cover them with sugar. Beat the yolks of the eggs; add the sugar and milk; then the sifted flour and the whites of the eggs beaten very stiff. Pour the batter over the peaches; mix all thoroughly together and bake about forty-five minutes. Serve hot with lemon sauce or cream and sugar.

BAKED FLOUR PUDDING

5 eggs
¾ cup flour
Pinch of salt
1 quart milk

Beat the eggs separately and then together; stir in the sifted flour and the milk; strain and pour into a buttered pudding dish. Bake half an hour and serve immediately with lemon or vanilla sauce.

BROWN BETTY

3 medium-sized apples
1 cup stale bread crumbs
¼ cup butter
¼ cup sugar
½ teaspoon cinnamon
Juice and rind of ½ lemon
¼ cup boiling water

Pare, quarter, core and slice the apples. Melt the butter and pour it with the lemon juice over the crumbs. Mix the cinnamon, grated lemon rind and sugar together. Butter a baking dish; put in alternate layers of apple and bread crumbs, sprinkling the apples with the sugar mixture, and making the last layer of crumbs. Pour the water on before adding the last layer of crumbs; cover and bake for thirty minutes or until the apples are soft; then uncover and brown the crumbs. Serve with cream or with soft custard or lemon sauce.

QUEEN OF PUDDINGS

1 quart milk
1 pint bread crumbs
1 cup sugar
4 eggs
Juice and rind of 1 lemon
1 teaspoon butter
Marmalade or preserves

Soak the bread crumbs in the milk for half an hour; add the sugar, the beaten yolks, the lemon and the butter melted.

Bake in a buttered pudding dish about three-quarters of an hour or until the pudding shrinks away from the sides of the dish; spread with marmalade or preserves; cover with a meringue made from the whites of eggs and four extra tablespoons of granulated sugar; brown quickly in the oven and set aside to cool. Serve with cream.

RAISIN PUFF

½ cup butter
1 cup sugar
2 eggs
1 cup sweet milk
2 cups flour
2 teaspoons baking powder
1 cup seeded raisins

Cream the butter and sugar; add the well-beaten eggs. Sift together the flour and baking powder; add alternately with the milk. Then add the raisins, finely chopped. Put into small greased cups and steam one half hour. Serve with lemon or vanilla sauce.

ENGLISH PLUM PUDDING

½ pound raisins
½ pound chopped suet
3 cups bread crumbs
½ cup brown sugar
Grated rind of ½ lemon
¼ orange peel, minced
½ cup flour
½ pound currants
¼ nutmeg, grated
2 eggs
½ cup milk

Mix the dry ingredients thoroughly. Beat the eggs; add them to the milk and pour over the dry mixture. Mix thoroughly; pack in greased tins, leaving space of one inch at the top of each. Tie on the lids and boil for ten hours. Keep in a cool place until needed. Serve with hard sauce.

NEWMARKET PUDDING

1 pint milk
Bread crumbs
2 eggs
1 cup currants
1 cup raisins
½ nutmeg, grated
1 teaspoon cinnamon
¼ teaspoon cloves
1 tablespoon butter
¼ teaspoon salt

Thicken the milk with the bread crumbs; add the beaten egg and other ingredients and bake for two hours. Serve with lemon or vanilla sauce.

BROWN-BREAD PUDDING

½ pound grated brown bread
½ pound currants
½ pound chopped suet
½ cup sugar
½ teaspoon grated nutmeg
2 eggs
1 tablespoon cream

Mix the ingredients thoroughly and boil them in a buttered pudding mold or cloth for three hours. Serve with lemon sauce.

PEACH PATTIES

Hollow out little stale sponge cakes; brush with butter inside and out; place in each cavity two halves of peaches, pared and fitted together with a little orange marmalade or other preserve in the center. Sprinkle with sugar and chopped nuts; bake until the peaches are tender and serve with vanilla or fruit sauce.

CANNED PEACH PUDDING

1 cup dry bread crumbs
1 pint boiling milk
2 tablespoons melted butter
½ cup sugar
4 eggs
2 cups canned peaches

Soak the crumbs in the milk; add the butter, sugar, beaten eggs and mashed peaches. Pour into a buttered mold or tin can; cover closely and boil for two hours. Serve with lemon sauce.

SUET PUDDING No. 1

½ cup chopped suet
½ cup seeded raisins
1½ cups flour
½ cup molasses
½ cup milk
¾ teaspoon soda

Mix the ingredients thoroughly, adding the soda dissolved in the milk last. Pour into a buttered mold or can; cover closely and boil three hours. Serve with hard or foamy sauce.

SUET PUDDING No. 2

2 cups stale bread crumbs
½ cup chopped suet
½ cup molasses
1 egg
1 cup raisins
½ teaspoon cloves
1 teaspoon cinnamon
Pinch of salt
1 cup milk
¾ teaspoon soda

Mix the ingredients thoroughly, adding the soda dissolved in the milk last. Cover closely in a buttered mold or tin can and boil for two hours. Serve with hard or foamy sauce.

APPLE PUDDING

2 cups flour
¼ teaspoon salt
2 teaspoons baking powder
1 tablespoon butter
1 egg
1 scant cup m
4 apples
2 tablespoons sugar
1 teaspoon cinnamon

Make a dough of the first six ingredients and spread one half inch thick in a buttered pan. Pare and core the apples; cut them into eighths; spread them over the dough; sprinkle with sugar and cinnamon and bake the pudding about twenty-five minutes. Serve with lemon or vanilla sauce.

Peach pudding may be made in the same way.

SPONGE-CAKE PUDDING

4 eggs
Equal weight in sugar
½ weight in flour
Grated rind of ½ lemon

Beat the eggs separately until very light; stir the sugar into the yolks; add the flour and whites of the eggs alternately, then the lemon. Bake in a Turk's head, and serve with lemon sauce.

BAKED INDIAN PUDDING No. 1

1 pint hot milk
½ cup Indian meal
3 eggs
1 tablespoon flour
½ cup sugar
½ teaspoon ginger
1 teaspoon cinnamon
Pinch of salt
1 pint cold milk

Bring one pint of milk to the boiling point; pour it gradually on the meal, stirring all the while to prevent lumps. When cool, add the beaten eggs and the other ingredients. Pour into a buttered pudding dish and bake an hour and a half. Serve with hot maple sugar or cream.

BAKED INDIAN PUDDING No. 2

5 cups milk
⅓ cup Indian meal
½ cup molasses
½ teaspoon salt
½ teaspoon ginger

Scald the milk; pour it slowly on the meal; cook in a double boiler for twenty minutes; add molasses, salt and ginger. Pour into a buttered pudding dish and bake in a slow oven for about two hours. Serve with cream.

BOILED INDIAN PUDDING

1 quart milk
2 cups Indian meal
5 tablespoons molasses
2 tablespoons chopped suet
½ teaspoon salt
1 cup seeded raisins
1½ tablespoons flour

Scald the milk and pour it over the meal; add the molasses, suet, salt, and the raisins washed and dredged with the flour. Put the pudding into a mold or bag and boil four hours. Serve with butter and maple syrup.

The raisins may be omitted if desired.

HUCKLEBERRY PUDDING

1 egg
1 cup sugar
1 heaping tablespoon butter
1 cup milk
1½ cups flour
2 teaspoons baking powder
1 pint berries

Beat the egg with the sugar and butter; add the milk and sifted flour and baking powder. When thoroughly mixed add the huckleberries, previously washed and drained and dredged with flour. Pour into a buttered baking dish and bake in a moderate oven. Serve with lemon or fruit sauce.

BERRY PUDDING

1 quart bread crumbs
1 pint milk
2 eggs
1 quart berries
Pinch of salt

Soak the broken bread crumbs in the milk; add the eggs well beaten, the salt and the berries, washed and drained. Steam in a buttered mold for three hours and serve with either hard sauce or fruit sauce.

STEAMED FRUIT PUDDING

2 cups flour
4 teaspoons baking powder
Pinch of salt
1 egg
1 cup milk
2 cups fruit

Sift the flour and baking powder together; stir in the beaten egg and the milk gradually. Mix until smooth; add the fruit, washed, drained and well dredged with flour; stir carefully and empty into a greased tin can or pudding mold. Cover; stand in a pot of boiling water and boil continuously for three hours. Serve with sugar and cream or with hard sauce.

PEACH COBBLER

1 quart peaches
1 cup water
1½ cups sugar
⅓ cup milk
1⅓ cups flour
2 teaspoons baking powder
¼ teaspoon salt
2 eggs

Wash and pare the peaches; cut them in halves and cook with one cup of sugar and the water until the peaches are tender. Empty into a baking dish, reserving one half cup of syrup. Sift the flour, salt and baking powder; add the remaining sugar and eggs, and mix thoroughly with the milk and the remaining syrup. Pour the batter over the peaches and bake in a moderate oven for one half hour. Serve hot, with or without sauce.

DATE SPONGE

1 quart scalded milk
½ cup cornstarch
1 cup cold milk
1 tablespoon butter
¼ teaspoon salt
½ cup sugar
¼ pound dates
1 teaspoon vanilla extract
1 teaspoon lemon extract

To the scalded milk add the cornstarch, mixed smooth with the cold milk, and stir until smooth. Add butter, salt and sugar; cover and let cook over boiling water for twenty minutes. Then add the dates, stoned and chopped, and the flavoring. Cook for ten minutes longer, stirring all the time; pour into a glass dish and when cool decorate with whole stoned dates.

SAVARIN

1 cake compressed yeast
½ cup milk, scalded and cooled
2 tablespoons sugar
2 cups sifted flour
4 eggs
½ cup butter, melted
¾ cup almonds, shredded
¼ teaspoon salt

Dissolve the yeast and sugar in lukewarm milk; add one half cup of flour. Beat well; cover and set aside in a warm place, free from draft, for fifteen minutes. Then add the rest of the flour, almonds, butter, eggs unbeaten, one at a time, and the salt. Beat ten minutes; pour into thickly buttered molds; cover and set aside to rise in a warm place, free from draft, until double in bulk —about forty-five minutes. Bake forty-five minutes in a moderate oven. Fill the center with whipped cream and serve with caramel sauce.

WALNUT AND DATE DAINTY

2 eggs
1 cup sugar
Pinch of salt
1 tablespoon sifted flour
1 teaspoon baking powder
1 cup walnut meats
1 teaspoon lemon extract
1 cup chopped dates
Marshmallows to decorate

Beat the eggs with the sugar and salt for five minutes; add the flour mixed with the baking powder, the nuts, flavoring and dates. Mix well and bake in individual dishes in a moderate oven until firm. Decorate with marshmallows and serve with cream or custard sauce.

CREAM PUFFS

1 cup hot water
½ cup butter
Pinch of salt
1 cup flour
3 eggs

Boil the water, butter and salt; stir in the dry flour while it is boiling and stir quickly until the mass thickens. Stand aside to cool and when cool add the eggs, unbeaten, and stir them in thoroughly. Drop the mixture by tablespoons on buttered tins and bake for about twenty minutes in a quick oven. When cool cut open with a sharp knife and fill with cream.

CREAM FOR PUFFS

1 cup milk
½ cup sugar
1 egg
4 tablespoons flour
1 teaspoon vanilla

Put the milk on to boil in a double boiler. Beat the egg with the sugar; add the flour; stir all into the boiling milk. Stir over the fire until the mixture thickens; when cool add the vanilla.

CHOCOLATE ÉCLAIRS

Prepare batter as for Cream Puffs. Spread the batter on the baking pan in long ovals, and bake in a quick oven twenty minutes. When done, split with a sharp knife, and fill with cream as for Puffs. Cover with plain or chocolate frosting.

JIFFY PUDDING

2 cups berries or cherries	½ cup sugar
1¼ cups boiling water	⅓ cup flour

Pour the boiling water on the fruit. Cook gently eight or ten minutes. Mix the sugar and flour and add sufficient cold water to make a smooth liquid. Pour mixture slowly into the fruit, and let simmer five minutes, stirring carefully. Serve with cream, sweetened, or pour into molds and serve cold.

STRAWBERRY SHORTCAKE

Make a plain Short Cake. See page 284. Bake in two round cake pans, about fifteen minutes in a hot oven. When slightly cool, split, and spread with butter. Allow no less than one quart of berries to a short cake—the more the better. Crush all the berries except those to be used in decorating the top. Sweeten to taste. If berries are not very ripe, heat them slightly before crushing. Pour them over the first split half of short cake, cover with the other half, and continue in this way until it is four stories high. Decorate with whole berries—and meringue, if desired. Serve with Creamy Sauce, or with sweetened, flavored cream.

FROZEN DESSERTS

"Cans't eat a dream?"

"I've done it—a frozen and refreshing dream. 'Twas more than my dessert."

—Quaint Tales.

FROZEN DESSERTS

FROZEN desserts are refreshing and wholesome and require less time in preparation than the ordinary pudding. Success, moreover, is assured if a few very simple directions are followed.

The essentials are to have the ice finely crushed and to use the right proportion of coarse rock salt. The finer the ice is crushed the quicker it melts, so for this reason it is important to have the ice broken into very small pieces. Enough should be broken for the entire freezing, as the process of turning the crank should not be interrupted.

The can should be completely surrounded and covered with a mixture of ice and salt, using three parts ice to one of salt. Let it stand for a minute or two until the mixture begins to freeze to the inside of the can. Then turn the crank continuously until the mixture seems hard and heavy to move; then take out the dasher, scrape the frozen dessert from the sides of the can and pack it down closely. Put a cork in the opening of the cover, fill up the bucket with ice and salt, cover with burlap or piece of carpet and let stand an hour or more to ripen.

Do not draw off any of the water until the freezing is completed, but add ice and salt as necessary. The melted water helps to freeze the mixture in the can and need not be drawn off at all if the dessert is to be served within an hour.

The mixture should be prepared several hours before freezing and allowed to stand in the refrigerator until thoroughly chilled. Can and dasher should be scalded before using.

To crush the ice use an ice-crusher or a wooden mallet. Put the ice in a bag of burlap or canvas and pound into fine pieces. When the dessert is served, drain the salt that is in the can and save to use again.

VANILLA ICE CREAM No. 1

1½ cups milk
¾ cup sugar
1 tablespoon flour
1 egg
1 pint cream
2 teaspoons vanilla

Bring the milk to a boil. Beat the egg; add the flour and half the sugar; stir into the boiling milk and put over the fire. Cook until it thickens; add the cream and the rest of the sugar; set aside to cool; add the vanilla and freeze.

Serve plain or with berries or with hot or cold chocolate sauce.

VANILLA ICE CREAM No. 2

3 pints thin cream
1½ cups sugar
1 vanilla bean or 1 tablespoon extract

Scald the cream with the sugar, using part milk if the cream is very rich. When cold, add the flavoring and freeze.

To prepare the bean put it in a small kettle; cover with water and let simmer until the water is half gone, keeping the kettle covered all the time. Remove from the fire; scrape each piece of bean with a blunt knife, mixing the seeds and pulp with the water and using all for the flavoring.

ECONOMICAL ICE CREAM

1 quart milk
1 cup sugar
2 eggs
2 level tablespoons flour
1 saltspoon salt
2 teaspoons vanilla

Make a boiled custard, following the usual directions, and freeze.

If desired, fresh fruits, thoroughly mashed and sweetened, may be added instead of vanilla.

FLOWERING ICE CREAM

Procure new flower-pots, about two and a half inches in diameter; wash thoroughly; fill with ice cream; cover with grated chocolate to represent soil, and stick a flower in each.

BOMBE GLACÉ

Line a chilled bombe mold with frozen strawberries or grape sherbet and fill the center with vanilla ice cream. Cover the top

with more sherbet; press down the lid over a sheet of paper, making it fit closely so that no salt can get in. Let stand in ice and salt for an hour or more.

MERINGUES GLACÉES

See Meringues, chapter on "Cakes."

FROZEN CUSTARD

1 quart milk
4 eggs
1 cup sugar
2 teaspoons vanilla

Bring the milk to a boil; pour it slowly on the yolks of the eggs well beaten with the sugar; add the whites beaten to a stiff froth and boil until a thick custard is formed. When the steam has passed off, add the flavoring; cool and freeze.

FROZEN COCOANUT CUSTARD

1½ cups shredded cocoanut
1 quart hot milk
1 cup sugar
Yolks of 5 eggs
1 teaspoon vanilla
Lady fingers

Chop the cocoanut very fine. Beat the eggs with the sugar; add the hot milk and stir over the fire until the mixture begins to thicken. Remove; add the flavoring and cool. Then add the cocoanut and mix thoroughly. Turn into a freezer and freeze. Serve in sherbet glasses lined with lady fingers.

FROZEN PUDDING

1 tablespoon cornstarch
Yolk of 1 egg
1 cup milk
1½ cups sugar
1 cup preserved fruit
1 cup seeded raisins
¼ cup chopped nuts
Pinch of salt
1 teaspoon vanilla
1 pint thick cream

Mix the cornstarch with a little cold milk; add the beaten egg and pour over it the milk which has been scalded with the sugar. Cook thoroughly; remove from fire; add salt, vanilla, fruit and nuts; cool, add the cream whipped to a stiff froth and freeze.

When frozen turn into a mold. At serving time lay in a platter and decorate with walnuts or candied cherries.

CHOCOLATE ICE CREAM

½ teaspoon cinnamon
2 tablespoons sugar
2 ounces unsweetened chocolate
2 tablespoons water
Custard

Mix the ingredients; heat and stir until thoroughly smooth; add them to a custard made as for Economical Ice Cream and freeze.

TUTTI-FRUTTI ICE CREAM

1 quart cream
½ pound sugar
½ ounce chopped almonds
½ pound preserved or candied fruit

Scald the cream and sugar; cool; add the nuts and fruits and freeze.

BISQUE ICE CREAM

3 pints thin cream
1½ cups sugar
½ pound macaroons
1 tablespoon vanilla

Soak the macaroons in cream; mash and add to the cream in which the sugar has been dissolved; then add the vanilla and freeze.

COFFEE ICE CREAM

3 pints thin cream
1½ cups sugar
Yolks of 3 eggs
1 cup strong coffee
1½ tablespoons gelatine

Beat the eggs light; mix with the sugar; add one pint of the cream and make a custard. Dissolve the gelatine in the coffee and when cool add to the cream that remains; add the custard when cool; mix well and freeze. Half milk may be used if desired.

CARAMEL ICE CREAM

1 pint milk
¼ cup flour
1½ cups sugar
1 egg
Pinch of salt
1 teaspoonful vanilla
1 pint cream

Heat the milk in a double boiler, saving a half cup to mix the flour and half of the sugar. Add these and cook for twenty minutes. Melt the second quantity of sugar until it is brown and syrupy; add to the cooked custard together with the beaten egg. Beat until free from lumps; cool and add the flavoring and cream.

LEMON ICE CREAM

3 pints thin cream
1 pound sugar
Grated rind of 1 lemon
Juice of 2 lemons

Dissolve the sugar in the cream, reserving about one fourth of it to mix with the lemon. The lemon must not be added until just before the cream is put in the freezer.

PINEAPPLE ICE CREAM

3 pints thin cream
½ cup sugar
1 pint can grated pineapple

Add the pineapple to the cream and sugar; let stand for one hour and freeze.

STRAWBERRY ICE CREAM

3 pints thin cream
2 cups sugar
2 quarts berries

Wash and hull the strawberries; sprinkle them with sugar and let them stand. Mash thoroughly; mix with the cream and freeze.

PEACH ICE CREAM

3 pints thin cream
2 cups sugar
1 quart sliced peaches

Cover the peaches with the sugar; let stand, mash and add to the cream and freeze.

ORANGE ICE

2 cups sugar
1 quart water
Juice of 5 or 6 oranges
Juice of 2 lemons
Grated rind of 2 oranges

Boil the sugar and water for ten minutes; add the juice and rind and let stand until time to freeze. Strain and freeze.

LEMON ICE

3 pints water
Juice of 6 lemons
3 cups sugar
Whites of 2 eggs

Let the sugar and water boil together for ten minutes; add the lemon juice; strain and cool. When partly frozen add the beaten whites of the eggs.

PINEAPPLE ICE

3 pints water
1 pound sugar
1 pineapple
Juice of 2 lemons
Whites of 2 eggs

Boil the sugar and water; add the grated pineapple and lemon; strain through a fine sieve and freeze. When partly frozen add the whites of eggs well beaten.

CURRANT ICE

2 cups sugar
1 pint water
3 cups currant juice
Whites of 2 eggs
2 tablespoons powdered sugar

Boil the sugar and water for fifteen minutes; when cool add the currant juice; strain and freeze. When nearly frozen add the whites of eggs beaten to a stiff froth with the powdered sugar.

FROZEN CHERRIES

2 quarts pie cherries
2 pounds sugar
1 quart water

Wash and stone the cherries; cover them with the sugar and let stand one hour. Add the water and freeze.

FROZEN STRAWBERRIES

1 quart strawberries
1 pound sugar
Juice of 1 lemon
1 quart water

Wash, drain and mash the berries; cover them with the lemon and sugar and let stand for one hour. Add the water; stir until the sugar is dissolved, and freeze.

FROZEN RASPBERRIES

Follow the recipe for frozen strawberries.

FROZEN PEACHES

Follow the recipe for frozen strawberries, substituting a quart of sliced peaches, preferably yellow ones, for the berries.

GRAPE SHERBET

1 pint grape juice
1 cup sugar
1 quart cold milk

Dissolve the sugar in rich grape juice; add the milk; mix thoroughly and freeze.

LEMON SHERBET

1 quart milk
1½ cup sugar
Juice of 3 lemons

Mix the juice and sugar; add the milk gradually, stirring constantly so that the mixture will not curdle. Then freeze.

ORANGE SHERBET

1 egg
1 quart milk
1 pint cream
Juice and grated rind of 3 oranges
Juice and grated rind of 1 lemon
2½ cups sugar

Beat the egg lightly and add it to the milk and cream. Dissolve the sugar thoroughly with the lemon and orange; mix with the other ingredients and freeze.

COMBINATION SHERBET

Juice of 1 lemon
Juice of 1 orange
½ cup pineapple juice
¼ cup currant juice
¼ cup raspberry juice
¼ cup cherry juice
2 cups sugar
1 quart chilled milk
Whites of 2 eggs

Dissolve the sugar thoroughly in the fruit juice; add the milk and freeze as usual. When nearly frozen add the beaten eggs.

FRUIT GRANITE

2 cups sugar
1 quart water
1 pint fruit
1 pint fruit juice

Boil the sugar and water for five minutes; scald the fruits in the syrup for one minute; skim them out and add to the syrup one pint of fruit juice. Strain and freeze when cold. Freeze soft; stir in the cooked fruit and serve in sherbet glasses.

ORANGE PEKOE SHERBET

1 teaspoon gelatine
¼ cup cold water
2 cups Orange Pekoe tea
Juice of 2 lemons
Juice of 1 orange
1 cup white grape juice
¾ cup sugar

Soak the gelatine in the cold water for five minutes; pour on it the hot tea. Add the other ingredients and when cold freeze. In serving garnish with candied orange peel.

GINGER FRAPPÉ

½ cup molasses
1 quart water
1 tablespoon lemon juice
½ teaspoon powdered ginger

Dissolve the molasses in the water; add the lemon juice and ginger and freeze to a soft mush.

CHOCOLATE FRAPPÉ

Prepare chocolate as for drinking; then chill; freeze soft and serve with whipped cream.

CAFÉ FRAPPÉ

1 quart clear coffee
1 cup sugar
1 cup thin cream

Dissolve the sugar in the hot coffee, add the cream and freeze to a mush.

GRAPE-FRUIT FRAPPÉ

1 quart water
2 cups sugar
1½ cups grape-fruit juice
1½ cups lemon juice

Boil the sugar and water for fifteen minutes; cool thoroughly; add the fruit juice; strain and freeze to a mush. Serve in grape-fruit skins.

CRANBERRY FRAPPÉ

1 teaspoon gelatine
1 pint cold water
1 pint cranberries
1¼ cups sugar
Juice of 1 lemon
¼ cup boiling water

Soak the gelatine in half a cup of the cold water and cook the cranberries in the remainder. When soft press through a sieve; add sugar, lemon and the gelatine, dissolved in the boiling water. Freeze to a mush and serve with roast turkey.

CAFÉ PARFAIT

½ cup coffee
1 cup cold water
½ cup sugar
Yolks of 2 eggs
1 pint thick cream

Steep the coffee in the water and simmer until reduced to one half the amount; strain it over the yolks of the eggs, well mixed with the sugar; and cook in a double boiler until thick and smooth. Beat the cream to a stiff froth; add the coffee mixture when cool; pour into a mold or ice-cream can and let stand in ice and salt for three hours. Use equal parts of ice and salt and do not stir or turn the mixture.

CHOCOLATE PARFAIT

2 ounces unsweetened chocolate
¼ cup hot water
1 cup sugar
Yolks of 4 eggs
1 pint whipped cream
1 teaspoon vanilla

Cook the first three ingredients until thick; pour over the beaten eggs and cook in a double boiler until the mixture coats the spoon. Cool thoroughly; add the whipped cream; flavor and freeze like Café Parfait.

MOUSSE

1 pint sugar
1 pint water
Whites of 6 eggs
Flavoring

Boil the sugar and water together for about five minutes or until it threads; then drop slowly on the beaten whites of the eggs and continue beating until cold. Flavor to suit the taste with fruit or coffee and let it stand in a pail of chopped ice and rock salt for about five hours. Use equal parts of ice and salt.

CHERRY MOUSSE

1 pint thick cream
1 cup cherry juice
2 drops almond extract
Powdered sugar

Mix the ingredients, sweetening to taste; chill and whip until stiff; then pack in ice and salt for three hours or more.

Grape, raspberry and strawberry mousse may be made in the same way. Heat the fruit slightly before mashing and straining for the juice.

PINEAPPLE MOUSSE

1 pint thick cream
1 pint pineapple juice and pulp
Juice of ½ lemon
1 cup powdered sugar

Mix the ingredients thoroughly; chill and whip until stiff. Let stand in ice and salt for three hours or more.

MAPLE MOUSSE

½ cup sultanas
½ cup maple syrup
1 pint thick cream
½ tablespoon lemon juice

Wash, drain and soak the raisins in the syrup for several hours; then strain the syrup into the cream. Whip to a stiff froth; add the raisins and lemon juice and turn into a freezer without the beaters. Surround by equal parts of salt and ice and let stand until firm.

CHERRY SAUCE FOR ICES

Stem and stone the cherries; add a few broken kernels and enough sugar to keep them from discoloring. Let stand half an hour; remove the kernels; add more sugar and pour over any plain ice or ice cream.

SWEET SAUCES

Truly, "hunger is the best sauce"; but when hunger is lacking, the clever cook knows a thing or two.

—Fables of a Rolling Pin.

SWEET SAUCES

MANY puddings, frozen desserts, and entrées are the better for a sweet sauce; and its use will often convert left-over cake into a simple and pleasing dessert.

CREAMY SAUCE

1/4 cup butter
2 cups powdered sugar
1 egg
1/2 cup thick cream
1 teaspoon vanilla

Cream the butter and sugar; add the well-beaten egg and beat all thoroughly. When very light add the cream, a little at a time. Place the bowl in a vessel of boiling water and stir until the sauce is smooth and creamy, but no longer; add flavoring and serve.

CARAMEL SAUCE No. 1

1 cup granulated sugar
1 cup hot water

Melt the sugar in an iron saucepan and stir until it is a light brown; add the boiling water; cook for two minutes; pour into a bowl and set aside to cool.

CARAMEL SAUCE No. 2

1 cup granulated sugar
2 1/2 tablespoons cornstarch
4 tablespoons cold water
1 cup boiling water
3/4 tablespoon vanilla
1 teaspoon corn syrup

Mix the sugar and cornstarch thoroughly: moisten with the cold water and heat slowly in a granite saucepan until of a delicate brown color. Add the boiling water; cook until clear; add flavoring and serve hot or cold.

CUSTARD SAUCE

Follow the recipe for Boiled Custard in the chapter on "Puddings and Desserts."

HARD SAUCE No. 1

¼ cup butter
1 cup powdered sugar
1 teaspoon vanilla or
1 tablespoon lemon juice
Grated nutmeg

Cream the butter and add the sugar gradually, beating until very light. Then add the flavoring; beat well and shape it in a mound on a glass dish. Grate a little nutmeg over the top and set in a cool place until needed.

HARD SAUCE No. 2

½ cup butter
1 cup powdered sugar
Whites of 2 eggs
1 teaspoon vanilla
Grated nutmeg

Beat the butter to a cream; add the sugar gradually; then the whites, one at a time, and beat until stiff and frothy. Add flavoring; beat again; then heap on a glass dish and sprinkle with grated nutmeg.

CHOCOLATE SAUCE

4 tablespoons sugar
1 level tablespoon flour
1 cup boiling water
Pinch of salt
1 ounce unsweetened chocolate
2 level tablespoons butter
1 teaspoon vanilla

Mix the sugar and flour thoroughly in a saucepan; pour on the boiling water; add chocolate, butter and salt; cook until the chocolate is thoroughly dissolved and the mixture thickened. Stir constantly to prevent sticking. When the steam has passed off, add the vanilla and set aside to cool.

MOCK CREAM

1 level teaspoon cornstarch
1 level tablespoon sugar
1 cup scalding milk
White of 1 egg
1 teaspoon vanilla

Mix the cornstarch and sugar thoroughly; on them slowly pour the scalding milk, stirring all the while. Cook and stir in a double boiler for ten minutes; then set aside to cool. When ready to use stir in the vanilla and the white of the egg, stiffly beaten. Serve in place of whipped cream.

BREAD, HOT CAKES, ETC.

Here is bread, which strengtheneth man's heart; and therefore is called the staff of life.

—MATTHEW HENRY.

BREAD-MAKING

GOOD bread flour is a rich creamy yellow in color, is slightly gritty, and if squeezed hard in the hand, will not hold form, but will crumble apart upon release. Pastry flour contains more starch and less gluten (protein) than bread flour. It is paler in color, velvety to the touch, and retains the form of the hand after the pressure test. Most bread flours on the market are from blended spring and winter wheat, but the pressure test always holds good for selection.

The three essentials in bread-making are flour, yeast and liquid. The yeast plant grows best in a temperature of 86° F. Bread should therefore be set to rise in a warm place, free from drafts. On the other hand, too great heat will kill the yeast plant and make the bread sour. About 75° F. is the most practical temperature to maintain. Two risings are sufficient if the ingredients have been well mixed. Dough permitted to rise until too light will be full of holes; bread baked before it is sufficiently light will be heavy. Bread must be well covered while rising to prevent a crust from forming on the top of the dough. Several thicknesses of clean towels are best for this purpose if a covered bread-raiser is not used. The bread in the pans must also be covered until it is put in the oven.

The use of the patent bread-mixer shortens the work of bread-mixing and is therefore to be recommended.

Kneading

To knead the bread push the dough with the palm and draw it forward with the fingers. Use as little flour on the board as possible as a soft dough makes better bread than a stiff dough. The more it is worked the finer will be the grain; but if a great deal of flour is worked in it will become hard. Knead until the dough is smooth and elastic to the touch: about twenty minutes is the usual time: about three minutes in the patent bread-mixer.

Baking

Bread should be baked in a hot oven, but not in one that is too hot, as it should continue rising for the first fifteen minutes and if a hard crust is too quickly formed the rising is rendered difficult. The crust may be buttered ten minutes before the bread is removed from the oven: this will make it softer and more palatable.

The best pans for baking are made of Russia iron and are four inches deep, four and a half wide, and ten long. The bread is done when it leaves the sides of the pan. The usual time allowed is fifty minutes.

Biscuits require less time, but more heat. They should be baked in fifteen or twenty minutes.

YEAST

Yeast is a tiny, microscopic plant and like any other plant it needs light, heat and moisture for its growth. The temperature most favorable is from 70° to 75° F. If colder than this, its growth may be retarded altogether. Above 90° F. the conditions are favorable for the growth of lactic acid bacteria and the bread "sours." Sugar feeds the yeast; so when added to the sponge it hastens the growth. The starch of the flour is, to some extent, converted into sugar and thereby serves the same purpose. The soluble carbohydrates are acted upon by the yeast and converted into alcohol and carbon-dioxide. The carbon-dioxide gas becomes entangled in the gluten, and by expansion when heated, raises the bread.

Compressed yeast is commercially made from grain in factories equipped with highly specialized and complicated machinery. The grains most used are corn, rye and barley malt. The grain is ground in a mill, mashed with water and the mash, cooked and allowed to cool, and finally fermented with yeast of a previous making. The result is the growth and multiplication of yeast cells.

When the fermenting process has been carried to the proper stage, the yeast is separated from the fluid containing it, thoroughly washed with water, filtered, pressed, cut into cakes and wrapped. Every yeast cake contains millions of tiny yeast plants.

Baking powder, like yeast, is a leavening agent which causes dough to rise by the expansion of imprisoned carbonic acid gas. The two principal ingredients are an acid and an alkali, usually cream of tartar and bicarbonate of soda. These, when mixed together and moistened, react on each other and form gas bubbles which rise through the mixture, making it light and porous.

WHITE BREAD
(Quick Method)

1 cake compressed yeast
1 quart lukewarm water
2 level tablespoons sugar
2 tablespoons melted lard
3 quarts sifted flour
1 level tablespoon salt

Dissolve the yeast and sugar in lukewarm water; add lard (or butter) and half the flour. Beat until smooth; then add balance of the flour, or enough to make a dough that can be handled, and the salt. Knead until smooth and elastic. Place in greased bowl; cover and set aside in a moderately warm place, free from draft, until light—about two hours. Mold into loaves; place in well-greased bread pans, filling them half full. Cover and let rise one hour or until double in bulk. Bake forty to fifty minutes.

WHITE BREAD
(For Use Over Night)

½ cake compressed yeast
1 quart water
1 level tablespoon sugar
1 tablespoon melted lard
3 quarts sifted flour
1 level tablespoon salt

Dissolve the yeast and sugar in the water, which should be lukewarm in winter and cool in summer; add two tablespoons of lard (or butter) and half the flour. Beat until smooth; then add balance of the flour, or enough to make moderately firm dough, and last, the salt. Knead until smooth and elastic. Place in well-greased bowl and cover; set aside to rise over night, or about nine hours. In the morning mold into loaves. Fill well-greased pans half full; cover and let rise until light, or until loaves have doubled in bulk, which will be in about one and one half hours. Bake forty to fifty minutes.

The half cake of yeast, which is left over, can be kept in good condition several days by rewrapping it in the tinfoil and keeping it in a cool, dry place.

WHITE BREAD
(Sponge Method)

½ cake compressed yeast
1 tablespoon sugar
1½ pints lukewarm water
4½ pints sifted flour
1 teaspoon salt
1 level tablespoon lard or butter

Dissolve the yeast and sugar in one pint of lukewarm water, and add to it one and one half pints of sifted flour, or sufficient

to made an ordinary sponge. Beat well; cover and set aside to rise for about one and one half hours in a warm place. When well risen add to it the half pint of lukewarm water, lard or butter, the remainder of the flour, or enough to make a moderately firm dough, and last, the salt. Knead thoroughly; place in greased bowl; cover and let rise for from one and one half to two hours. When light, mold into loaves and place in well-greased baking pans; cover and let rise again for about one hour. When light, bake forty to fifty minutes, reducing the heat after the first ten minutes.

This recipe makes two large loaves.

The whole process takes from five and one half to six hours, and the recipe, if followed closely, will produce excellent results.

MILK BREAD

1 cake compressed yeast
1 tablespoon sugar
1 quart milk, scalded and cooled
3 quarts sifted flour
1 tablespoon lard, melted
½ tablespoon salt

Dissolve the yeast and sugar in the lukewarm liquid; add one and one half quarts of sifted flour; beat until smooth. Cover and set to rise in warm place, free from draft for about one and one half hours. When light, add lard (or butter), rest of flour, and salt. Knead until smooth and elastic; place in well-greased bowl; cover; let rise again until double in bulk—about two hours. Mold into loaves; place in well-greased bread pans, filling them half full. Cover and let rise again until double in bulk—about one hour. Bake forty to fifty minutes.

This makes three one-and-one-half pound loaves.

WHITE BREAD IN BREAD-MIXER

1 quart boiled water or milk
1 tablespoon lard
1 tablespoon sugar
½ tablespoon salt
1 cake compressed yeast
3 quarts flour

Put salt, sugar and lard in the bread-mixer; pour on boiling water or scalded milk and when lukewarm stir in the yeast cake dissolved in a little warm water. Add the flour; put on the lid; turn for three minutes and let rise over night. In the morning turn the handle a few times; lift the dough out on a molding board; divide into four parts and shape into loaves. Place in greased pans, having the pans only half full. Cover with a clean cloth; let rise to twice their bulk and bake for about fifty minutes in a moderate oven.

BAKING-POWDER BREAD

1 quart flour
1 teaspoon salt
1 teaspoon sugar
2 heaping teaspoons baking powder
½ boiled potato
Milk or water (about 1 pint)

Sift the dry ingredients thoroughly; rub in the boiled potato; add liquid to make a stiff batter or soft dough. Turn into a greased bread pan; smooth the top with a knife dipped in melted butter and bake in a moderate oven for about an hour. When done moisten the crust slightly with cold water and wrap in a clean cloth until cold.

SALT-RISING BREAD

1 cup milk
Little boiling water
¼ teaspoon salt
¼ teaspoon sugar
1 tablespoon corn meal
2 tablespoons flour
Flour to make dough

Into the milk pour enough boiling water to bring it to blood heat (about 90° F.). Do not have it too hot or the bread will not rise. Add the other ingredients; beat to the consistency of pancake batter and set in a warm place to ferment. If set in the early morning, it will rise at noon. Mix the same as other bread; put in pans at once; let stand till light and bake slowly.

RICE BREAD

½ cup cold rice
½ cup white Indian meal
½ cup wheat flour
1 teaspoon baking powder
¼ teaspoon salt
1 egg
½ tablespoon melted butter
½ cup milk

Mix the dry ingredients thoroughly; add the egg beaten with the milk and melted butter. Pour into shallow greased tins and bake in a moderate oven.

GRAHAM BREAD

1 cake compressed yeast
4 level tablespoons brown sugar
1 cup milk, scalded and cooled
1 cup lukewarm water
2 level tablespoons lard
4 cups graham flour
1 cup sifted white flour
1 teaspoon salt

Dissolve the yeast and sugar (or molasses) in lukewarm liquid. Add lard (or butter), then flour, gradually, and last the salt.

Knead thoroughly, being sure to keep the dough soft. Cover and set aside in a warm place to rise, for about two hours. When double in bulk, turn out on kneading board; mold into loaves; place in well-greased pans; cover and set to rise again for about one hour, or until light. Bake one hour, in a slower oven than for white bread.

If wanted for over night, use one half cake of yeast and an extra teaspoon of salt.

OATMEAL BREAD

2 cups boiling water
2 cups rolled oats
1 cake compressed yeast
1/4 cup brown sugar
1/2 cup lukewarm water
4 cups sifted flour
1 teaspoon salt

Pour two cups of boiling water over the oatmeal; cover and let stand until cool. Dissolve yeast and sugar in one half cup of lukewarm water and add this to the oatmeal and water. Add one cup of flour, or enough to make an ordinary sponge; beat well; cover and set aside in a moderately warm place to rise for one hour, or until light. Add enough flour to make a dough—about three cups—and the salt. Knead well; place in greased bowl; cover and let rise in a moderately warm place until double in bulk—about one and one half hours. Mold into loaves; fill well-greased pans half full; cover and let rise again about one hour. Bake forty-five minutes in a hot oven.

A half cup of chopped nuts and one tablespoon of lard or butter may be added if desired.

WHOLE-WHEAT BREAD

1 cake compressed yeast
3 level tablespoons brown sugar
1 1/2 cups lukewarm water
1 1/2 cups milk, scalded and cooled
3 tablespoons melted lard
7 1/2 cups whole-wheat flour
1 teaspoon salt

Dissolve the yeast and sugar in lukewarm liquid; add lard or butter; then flour, gradually, as whole wheat flour absorbs moisture slowly, and last the salt. Knead thoroughly, being sure to keep dough soft; place in well-greased bowl, cover and set aside in warm place, to rise for about two hours. When double in bulk, turn out on kneading board. Mold into loaves; place in well-greased pans; cover and set to rise again for about one hour, or until light. Bake one hour, in a slower oven than for white bread.

Courtesy of the Fleischmann Co.

RAISED WITH COMPRESSED YEAST

If wanted for over night, use one half cake of yeast and an extra teaspoon of salt.

RYE BREAD

(American)

1 cake compressed yeast
1 cup milk, scalded and cooled
2 cups lukewarm water
5 cups rye flour
1½ cups sifted white flour
1 tablespoon melted lard
1 tablespoon salt

Dissolve the yeast in lukewarm liquid; add two and a half cups of rye flour or enough to make a sponge. Beat well; cover and set aside in a warm place, free from draft, to rise about two hours. When light, add white flour, lard or butter, rest of rye flour to make a soft dough, and last the salt. Turn on a board and knead, or pound it five minutes. Place in greased bowl; cover and let rise until double in bulk—about two hours. Turn on board and shape into loaves; place in floured shallow pans; cover and let rise again until light—about one hour. Brush with white of egg and water, to glaze. With sharp knife cut lightly three strokes diagonally across top, and place in oven. Bake in slower oven than for white bread. Caraway seed may be used if desired.

By adding one half cup of sour dough, left from previous baking, an acid flavor is obtained, which is considered by many a great improvement. This should be added to the sponge.

GLUTEN BREAD

1 cake compressed yeast
1 tablespoon sugar
1 cup milk, scalded and cooled
1 cup lukewarm water
1 level tablespoon lard or butter
3 cups gluten flour
1 teaspoon salt

Dissolve the yeast and sugar in lukewarm liquid; add lard or butter, then flour, gradually, and salt. Knead thoroughly until smooth and elastic; place in well-greased bowl; cover and set aside in a warm place, free from draft, to rise until light, which should be in about two hours. Mold into loaves; place in greased pans, filling them half full. Cover; let rise again, and when double in bulk, which should be in about one hour, bake in moderate oven forty-five minutes.

This will make two one-pound loaves. For diet use all water and omit shortening and sugar.

NUT BREAD No. 1

1 cake compressed yeast
1 cup milk, scalded and cooled
1 tablespoon sugar
3 cups sifted flour
2 level tablespoons lard
1/3 cup sugar
White of 1 egg
3/4 cup chopped walnuts
1/3 teaspoon salt

Dissolve the yeast and one tablespoon of sugar in lukewarm milk; add one and one fourth cups of flour and beat thoroughly. Cover and set aside in warm place fifty minutes, or until light. Add sugar and lard (or butter), creamed, white of egg, beaten stiff, nuts, remainder of flour, or enough to make a dough, and the salt. Knead well; place in greased bowl; cover and set aside for about two and one half hours to rise, or until double in bulk. Mold into a loaf or small finger rolls, and fill well-greased pans half full. Protect from draft and let rise until light—about one hour.

This recipe will make one medium-sized loaf, or one dozen rolls. The loaf should bake forty-five minutes; finger rolls, six to eight minutes.

NUT BREAD No. 2

1 egg
3/4 cup sugar
1 cup milk
1 teaspoon salt
2 1/2 cups flour
2 teaspoons baking powder
1 tablespoon butter
1/4 pound walnuts

Beat the egg with the sugar; add the sifted flour, baking powder and salt alternately with the milk; last add the butter, melted, and the walnuts. If black walnuts are used do not add the butter. Bake in a deep pan in a slow oven for about forty-five minutes.

CORN BREAD

1 1/2 cups corn meal
1/2 cup flour
1/2 tablespoon sugar
1/2 teaspoon salt
2 teaspoons baking powder
1/2 tablespoon butter
1 1/4 cups milk
1 egg

Sift the dry ingredients together; add milk, beaten egg and butter. Pour into a shallow buttered tin and bake about half an hour.

CORN BREAD WITH YEAST

Follow the recipe for corn muffins with yeast. Bake twenty minutes in well-greased, shallow pan, instead of muffin tins.

CANADA EGG BREAD

1 cup corn meal
1 cup flour
2 teaspoons baking powder
1 tablespoon butter
1 cup milk
3 eggs

Mix the dry ingredients; add the butter, warmed but not melted, and the milk and beaten eggs. The batter will be stiff. Bake in greased tins; mark into squares; break and serve hot.

RAISIN BREAD

1 cake compressed yeast
1 cup lukewarm water
1 cup milk, scalded and cooled
6 cups sifted flour
¾ cup sugar
4 level tablespoons lard
¾ cup raisins
1 teaspoon salt

Dissolve the yeast and one tablespoon of sugar in lukewarm liquid; add two cups of flour, the lard (or butter) and sugar, well creamed; and beat until smooth. Cover and set aside to rise in a warm place, free from draft, until light—about one and one half hours. Add raisins well-floured, the rest of the flour to make a soft dough, and last the salt. Knead lightly; place in well-greased bowl; cover and let rise again until double in bulk—about one and one half hours. Mold into loaves; fill well-greased pans half full, cover and let rise until light—about one hour. Glaze with egg diluted with water, and bake forty-five minutes.

COCOA BREAD

1 cake compressed yeast
2 cups milk, scalded and cooled
1 tablespoon sugar
5½ cups sifted flour
½ cup sugar
½ cup cocoa
¼ cup butter
2 eggs
½ teaspoon salt

Dissolve the yeast and one tablespoon of sugar in lukewarm milk; add three cups of flour and beat until smooth. Cover and set aside to rise in warm place until light—about one and one half hours; then add butter and sugar creamed, eggs well beaten, cocoa, remainder of flour, or enough to make soft dough, and salt. Knead lightly; place in greased bowl; cover and set aside in warm place, free from draft, until double in bulk—about two hours. Mold into loaves; place in well-greased bread pans, filling them half full. Cover and let rise again until light—about one hour. Bake forty to forty-five minutes.

The recipe makes two loaves. Nuts or fruit may be added if desired. The bread may be used for making delicious sandwiches.

Buns may be made from the same dough and decorated with chocolate frosting.

BOSTON BROWN BREAD No. 1

2 cups rye meal
1 cup corn meal
1 teaspoon salt
⅓ cup molasses
1 teaspoon soda
2 cups sour milk

Dissolve the soda in the milk. Mix and sift the dry ingredients; add the sour milk and molasses; pour into a buttered mold and steam three hours. Brown in the oven twenty minutes.

BOSTON BROWN BREAD No. 2

1 cup corn meal
2 cups graham flour
1 teaspoon salt
½ cup sugar
½ cup molasses
1½ teaspoons soda
2 cups milk

Mix and cook the same as Brown Bread No. 1.

SCOTCH SHORT BREAD

1 cup butter
2 cups flour
½ cup powdered sugar

Cream the butter; add the flour and sugar; knead all together thoroughly with the hands; roll out about one inch in thickness and cut in oblong cakes. Bake about half an hour, laying the bread on brown paper in an unbuttered pan.

COARSE LOAF

½ cup New Orleans molasses
½ cup brown sugar
½ cup corn meal
2 cups graham flour
1½ cups white flour
1 teaspoon baking powder
1 cup nuts or raisins
1 pint sour milk
2 teaspoons soda
Pinch of salt

Mix all the ingredients together, adding the soda dissolved in the sour milk last. Pour into a greased baking pan and bake in a slow oven about one hour.

CINNAMON BUN

2 tablespoons butter
4 tablespoons sugar
2 eggs
1 pint flour
3 teaspoons baking powder
Milk to make soft dough
Butter
Sugar
Cinnamon
Currants
Syrup molasses

Beat the butter and sugar to a cream; add the eggs; then the baking powder and flour which have been sifted together, alternately with the milk. Have the dough as soft as it is possible to roll out. Place it on a pie board well dusted with flour; roll out about one fourth of an inch in thickness; spread thickly with sugar, cinnamon, currants and syrup molasses; then carefully roll the dough into one long roll; cut into buns about one inch high and place them rather closely in a greased pan. Bake in a moderate oven.

CINNAMON CAKE

1 cake compressed yeast
½ cup milk, scalded and cooled
1 tablespoon sugar
2 cups sifted flour
½ cup light brown sugar
2 level tablespoons butter
1 egg
¼ teaspoon salt

Dissolve the yeast and one tablespoon of sugar in the lukewarm milk. Add three fourths cup of flour, to make a sponge. Beat well; cover and let rise forty-five minutes in a moderately warm place. Add butter and sugar creamed, egg well beaten, about one and one fourth cups of flour, or sufficient to make a soft dough, and the salt. Knead lightly; place in greased bowl; cover and let rise in a warm place about two hours, or until double in bulk. Roll one half inch thick; place in well-greased pan and let rise until light. Cut across top with sharp knife; brush with egg; sprinkle liberally with sugar and cinnamon. Bake twenty minutes in a moderately hot oven.

DOUGHNUTS

1 cake compressed yeast
1¼ cups milk, scalded and cooled
1 tablespoon sugar
4½ cups sifted flour
½ cup sugar
3 level tablespoons butter
½ teaspoon mace
2 eggs
¼ teaspoon salt

Dissolve the yeast and one tablespoon of sugar in lukewarm liquid; add half of the flour and beat well. Cover and set aside to rise in a warm place for about one hour, or until bubbles burst

on top. Add to this the butter and sugar creamed; mace, eggs well beaten, the remainder of the flour to make a soft dough, and last the salt. Knead lightly; place in well-greased bowl; cover and allow to rise again in warm place for about one and a half hours. When light, turn on floured board; roll to about one fourth inch in thickness. Cut with small doughnut cutter; cover and let rise again, on floured board or paper, in warm place until light—about forty-five minutes. Drop into deep, hot fat with side uppermost which has been next to board. When a film of smoke begins to rise from fat, it will be found a good temperature to cook doughnuts.

Doughnuts made by this method do not absorb the fat, for the reason that they rise before and not after they are put into the grease.

DUTCH CAKE

1 pound bread dough
½ pound sugar
½ pound butter
1 egg
½ pound seeded raisins
Cinnamon and nutmeg

Mix the sugar, butter and beaten egg into bread dough; when thoroughly incorporated flavor with cinnamon and nutmeg; and add the fruit. Put into a greased pan and let rise for an hour or more; then bake slowly.

BOHEMIAN HOUSKA

1 cake compressed yeast
¼ cup lukewarm water
2 cups milk, scalded and cooled
½ cup sugar
1 egg
⅓ cup melted butter
½ cup citron, cut fine
½ cup raisins
½ cup chopped almonds
½ teaspoon salt
7½ cups sifted flour

Dissolve the yeast and one tablespoon of sugar in lukewarm liquid; add egg well beaten, balance of sugar and butter creamed, and two cups of flour, or enough to make a thin batter. Beat until smooth; cover and let rise until light, about one hour. Add almonds, citron and raisins, well floured, the rest of the flour, or enough to make a soft dough, and last the salt. Knead well; place in greased bowl; cover and set aside in a warm place, free from draft, to rise until double in bulk, about one and a half hours. Divide into three parts; make three braids; place in well-greased, shallow pan, one on top of the other. Bake in moderate oven forty-five minutes. While hot ice with plain frosting.

CURRANT TEA RING

2 cakes compressed yeast
1 cup milk, scalded and cooled
1 cup lukewarm water
1 tablespoon sugar
6 level tablespoons lard or butter
½ cup sugar
7 cups sifted flour
3 eggs
¼ teaspoon salt
¼ teaspoon mace
Brown sugar, currants and cinnamon

Dissolve the yeast and one tablespoon of sugar in the lukewarm liquid. Add three cups of flour and beat until smooth. Add lard or butter and sugar, thoroughly creamed, and eggs beaten until light, the remainder of the flour gradually, keeping dough soft, and last, the salt and mace. Turn on board; knead lightly; place in greased bowl; cover and set aside in a warm place to rise for about two hours or until the dough has doubled in bulk. Roll out in an oblong piece, one fourth inch thick; brush with melted butter; sprinkle with brown sugar, currants and cinnamon. Roll up lengthwise and place in a circle on a large, shallow, greased pan or baking sheet. With scissors cut three fourth inch slices, almost through. Turn each slice partly on its side, pointing away from center. This should give the effect of a many-pointed star, and show the different layers with the filling. Cover and let rise one hour, or until light, and bake twenty-five minutes. Just before putting in the oven, glaze with egg, diluted with milk. Ice while hot with plain frosting.

APPLE CAKE

1½ cakes compressed yeast
1 cup milk, scalded and cooled
1 tablespoon sugar
¼ cup butter
½ cup sugar
2 eggs
3½ cups sifted flour
¼ teaspoon salt
5 apples

Dissolve the yeast and one tablespoon of sugar in lukewarm milk; add one and a half cups of flour to make a sponge, and beat until smooth. Cover and set aside in a warm place until light—about three quarters of an hour. Have sugar and butter well-creamed; add it to sponge. Then add eggs well-beaten, rest of flour, or enough to make a soft dough, and salt. Knead lightly. Place in well-greased bowl. Cover and set aside to rise—about two hours. Roll half an inch thick; place in two well-greased, shallow pans; brush with butter and sprinkle with sugar. Cut

apples in eighths and press into the dough, sharp edge downward; sprinkle with cinnamon; cover and let rise about one-half hour. Bake twenty minutes. Keep covered with pan first ten minutes, in order that the apples may be thoroughly cooked.

COFFEE CAKE

1½ cakes compressed yeast	1 cup sugar
1 cup milk, scalded and cooled	½ cup butter
1 tablespoon sugar	3 eggs
3 cups sifted flour	1½ cups mixed fruit

¼ teaspoon salt

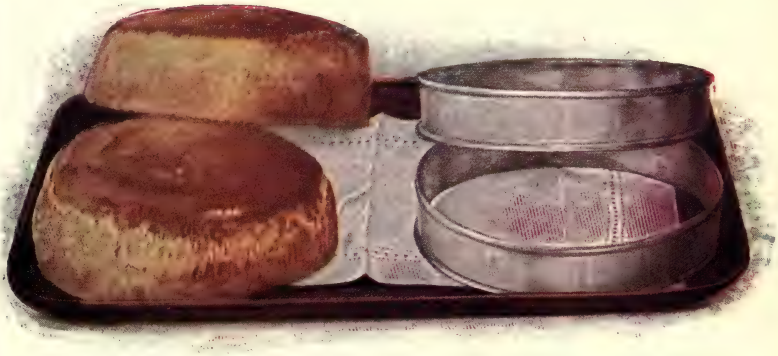
Dissolve the yeast and one tablespoon of sugar in the lukewarm milk; add one and a half cups of flour and beat well. Cover and set aside, in a warm place to rise for one hour on until light. Add to this the butter and sugar creamed, the fruit—citron, raisins and currants in equal parts—which has been floured, the balance of the flour or enough to make a good cake batter, the salt, and eggs well beaten. Beat for ten minutes; pour into well-buttered molds, filling them about half full; cover and let rise until molds are nearly full; then bake in a moderate oven. If made into two cakes, they should bake forty-five minutes; one large cake should bake one hour.

BRIOCHE

1 cake compressed yeast	1 cup butter
½ cup milk, scalded and cooled	4 cups sifted flour
2 tablespoons sugar	8 eggs

1 teaspoon salt

Dissolve the yeast and one tablespoon of sugar in the lukewarm milk; add one cup of flour to make sponge. Beat well; cover and set to rise in warm place, free from draft, until light—about three quarters of an hour. To the rest of the flour add one tablespoon of sugar, butter softened, four eggs and salt. Beat all in well; add sponge and beat again thoroughly; add the other four eggs, unbeaten, one at a time, beating thoroughly. Cover and let rise until light—about four hours, and beat again. Chill in the refrigerator over night. In the morning, shape by rolling under hand into long strips about twenty-seven inches long and three fourths inch thick, bringing ends together, and twist like a rope. Form into rings;



FRESH FROM THE OVEN

Coffee Loaf Cake English Scones Sally Lunns

place on well-buttered pans to rise. When double in size, glaze with white of egg diluted with water. Bake in a moderate oven fifteen minutes. Ice while hot, with plain frosting. Spread with almonds.

MORAVIAN CAKE

1 pint bread dough
½ cup butter
1½ cups sugar
3 eggs
Sugar and cinnamon

Beat the butter into the bread dough; add the sugar and eggs and beat thoroughly. Pour into buttered pans; let rise for one hour; sprinkle thickly with sugar and cinnamon and bake in a quick oven.

BREAD RUSK

1 pint bread dough
¾ cup sugar
Butter size of egg
Grated nutmeg

Spread the bread dough open; work the other ingredients into it; roll out; cut in cubes; put them in buttered pans and set in a warm place until very light. Bake in a quick oven.

CHILDREN'S RUSK

1 cake compressed yeast
2 cups milk, scalded and cooled
1 tablespoon sugar
6 cups sifted flour
½ cup butter
1 cup sugar
1 egg
½ teaspoon salt
1 cup currants

Dissolve the yeast and one tablespoon of sugar in the lukewarm milk; add to it half the flour, to make an ordinary sponge. Beat well; cover and set aside in a warm place to rise, for about an hour. When light, add to it the butter and sugar creamed, egg well beaten, the currants, which have previously been washed and floured, and the remainder of the flour, or sufficient to make a soft dough; last add the salt. Knead lightly; place in greased bowl; cover and set aside in a warm place, free from draft, to rise for about two or two and a half hours. When well risen, turn out on a kneading board and mold into rolls. Place in well-greased pans; cover and let rise again for about one hour, or until double in bulk. Brush with egg diluted with milk. Bake in a hot oven for about fifteen or twenty minutes. Upon removing from oven sprinkle with powdered sugar.

BUNS

1 cake compressed yeast
1 cup milk, scalded and cooled
1 tablespoon sugar
¼ cup sugar
¼ cup butter
3 cups sifted flour
½ teaspoon salt

Dissolve the yeast and one tablespoon of sugar in the lukewarm milk; add one and one half cups of flour. Beat until smooth; then add butter and sugar creamed, the rest of the flour and salt. Knead lightly, keeping dough soft; cover and set aside in a warm place, free from draft, to rise until double in bulk—about one and a half hours. Mold into small, round buns; place in well-greased pans, one inch apart. Cover; set aside to rise until light—about one hour. Brush with egg, diluted with water; bake twenty minutes. Just before removing from the oven, brush with sugar moistened with a little water.

SWEET FRENCH BUNS

1 cake compressed yeast
1 cup milk, scalded and cooled
¼ cup lukewarm water
1 tablespoon sugar
¼ cup sugar
3 level tablespoons butter
1 egg
½ teaspoon lemon extract
4 cups sifted flour
½ teaspoon salt

Dissolve the yeast and one tablespoon of sugar in the lukewarm liquid. Add enough flour to make an ordinary sponge—about one and one half cups. Beat until perfectly smooth; cover and set aside in a warm place to rise for fifty minutes, or until light. Add sugar and butter creamed, egg beaten, lemon extract and about two and one half cups of flour, or enough to make a soft dough. Add salt with the last of the flour. Knead until smooth and elastic; place in greased bowl; cover and set aside in a warm place to rise until double in bulk—about one hour. Turn out on board and shape as clover-leaf rolls, or any fancy twist. Let rise until light, about one hour. Bake in hot oven fifteen minutes.

ENGLISH BATH BUNS

2 cakes compressed yeast
½ cup milk, scalded and cooled
1 tablespoon sugar
½ cup butter, melted
4 cups sifted flour
½ teaspoon salt
5 tablespoons sugar
4 eggs
1 cup almonds, chopped

Dissolve the yeast and one tablespoon of sugar in the lukewarm milk. Add butter, eggs unbeaten, flour gradually, and the salt,

beating thoroughly. This mixture should be thick, but not stiff enough to handle. Cover and let rise in warm place one and one half hours, or until light. Sprinkle balance of sugar and almonds over top; mix very lightly and drop into well-greased muffin pans. Cover and let rise until light, which should be in about one half hour. Bake fifteen to twenty minutes in a moderately hot oven. These buns should be rough in appearance.

HOT CROSS BUNS

1 cake compressed yeast
1 cup milk, scalded and cooled
1 tablespoon sugar
⅓ cup sugar
¼ cup butter
¼ cup raisins or currants
3¼ cups sifted flour
1 egg
¼ teaspoon salt

Dissolve the yeast and one tablespoon of sugar in the lukewarm milk. Add one and one half cups of the flour, to make a sponge. Beat until smooth; cover and let rise until light, in a warm place, free from draft—about one hour. Add butter and sugar creamed, egg well beaten, raisins or currants, which have been floured, rest of flour, or enough to make a soft dough, and salt. Turn on board; knead lightly; place in greased bowl. Cover and set aside in a warm place, until double in bulk, which should be in about two hours. Shape with hand into medium-sized round buns; place in well-greased pans about two inches apart. Cover and let rise again—about one hour, or until light. Glaze with egg diluted with water; with sharp knife cut a cross on top of each; bake twenty minutes. Just before removing from oven, brush with sugar moistened with water. While hot, fill cross with plain frosting.

OVEN SCONES

2 cakes compressed yeast
2 cups milk, scalded and cooled
1 tablespoon sugar
1 cup sugar
⅓ cup of lard or butter
1 cup raisins
½ cup citron
1 egg
6½ cups sifted flour
1 level teaspoon salt

Dissolve the yeast and one tablespoon of sugar in the lukewarm milk; add three cups of flour and beat well. Cover and let rise in a warm place, free from draft, until light—about one hour. Then add butter and sugar creamed, the egg well beaten, fruit well floured, balance of flour, to make a soft dough, and the salt. Turn

on board; knead lightly; form into twelve round cakes; cover and allow them to rise fifteen minutes. Then roll one fourth inch thick; cut across each way nearly through, making an impression of four cakes. Place in well-greased pans; let rise about one hour, or until double in size. Then brush with egg diluted with water. Bake fifteen minutes in a moderate oven.

ENGLISH SCONES

¾ pound flour	⅓ cup currants
3 ounces sugar	1 egg
2 ounces lard	½ cup milk

2 teaspoons baking powder

Beat the sugar and lard to a cream; add the egg, then the milk and flour sifted with the baking powder. Have the currants well washed and drained and mix them in before all the flour is added. Make a soft dough; roll out and cut like tea biscuits. Bake in a quick oven.

TEA BISCUIT

2 cups flour	½ teaspoon salt
2 teaspoons baking powder	1 tablespoon lard

Milk or water to make soft dough

Mix the dry ingredients in a bowl; rub in the lard with the tips of the fingers; add milk to make a dough just stiff enough to roll out. Roll one half inch thick; cut with a round cutter and bake in greased tins.

TEA ROLLS

1 cake compressed yeast	1 tablespoon sugar
½ cup milk, scalded and cooled	3 cups sifted flour
½ cup lukewarm water	2 tablespoons melted lard

½ teaspoon salt

Dissolve the yeast and sugar in the lukewarm liquid. Add lard (or butter) and half of the flour; beat until smooth; add rest of flour, or enough to make a moderately firm dough, and the salt. Knead thoroughly; roll out and shape as Parker-House rolls. Place in well-greased, shallow baking pans; cover and set to rise in a warm place, free from draft, for about two hours. When light, bake in a hot oven ten minutes.

LUNCH ROLLS

1 cake compressed yeast
1¼ cups milk, scalded and cooled
1 tablespoon sugar
4 cups sifted flour
1 egg
2 level tablespoons lard
1 teaspoon salt

Dissolve the yeast and sugar in the lukewarm milk; add lard (or butter) and two cups of flour. Beat thoroughly; then add egg well beaten, balance of flour gradually, and salt. When all of the flour is added, or enough to make a moderately soft dough, turn on board and knead lightly and thoroughly, using as little flour in the kneading as possible, keeping dough soft. Place in well-greased bowl. Cover and set aside in a warm place, free from draft, to rise about two hours. When light, form into small biscuits, the size of a walnut. Place one inch apart, in shallow pans, well greased. Let rise until double in bulk—about half an hour. Brush with egg and milk, and bake ten minutes in hot oven.

PARKER-HOUSE ROLLS

1 cake compressed yeast
1 pint milk, scalded and cooled
2 level tablespoons sugar
4 tablespoons melted lard or butter
3 pints sifted flour
1 level teaspoon salt

Dissolve the yeast and sugar in the lukewarm milk; add lard or butter and half the flour. Beat until perfectly smooth; cover and let rise in a warm place one hour, or until light. Then add remainder of flour, or enough to make a dough, and the salt. Knead well; place in greased bowl; cover and let rise in a warm place for about one and a half hours, or until double in bulk. Roll out one fourth inch thick; brush over lightly with butter; cut with two-inch biscuit-cutter; crease through center heavily with dull edge of knife, and fold over in pocket-book shape. Place in well-greased, shallow pans, one inch apart. Cover and let rise until light—about three quarters of an hour. Bake ten minutes in hot oven.

DINNER ROLLS

1 cake compressed yeast
1 cup milk, scalded and cooled
1 level tablespoon sugar
White of 1 egg
3 cups sifted flour
2 level tablespoons lard or butter
½ teaspoon salt

Dissolve the yeast and sugar in the lukewarm milk; add white of egg, beaten until stiff, the flour gradually, the lard or butter, and

last, the salt, keeping the dough soft. Knead lightly, using as little flour in kneading as possible. Place in a well-greased bowl; cover and set to rise in a warm place, free from draft, until double in bulk—about two hours. Mold into rolls the size of walnuts; place in well-greased pans; protect from draft, and let rise one half hour, or until light. Glaze with white of egg, diluted with water. Bake ten minutes in a hot oven.

GRAHAM MUFFINS No. 1

1 cake compressed yeast
2 cups milk, scalded and cooled
4 tablespoons molasses
4 tablespoons melted lard
1 egg
1 cup sifted white flour
1½ cups graham flour
1 teaspoon salt
¾ cup chopped nuts

Dissolve the yeast and sugar (or molasses) in the lukewarm milk; add lard (or butter) and egg well beaten, then the flour gradually, salt and nuts, beating all the while. Beat until perfectly smooth; cover and set to rise in warm place, free from draft, until light—about one and a half hours. Have muffin pans well greased and fill about two-thirds full. Cover and let rise to top of pans—about half an hour, and bake twenty minutes in hot oven.

GRAHAM MUFFINS No. 2

Follow the recipe for Egg Muffins, using half graham and half white flour.

ENGLISH MUFFINS

1 cake compressed yeast
1 cup milk, scalded and cooled
1 cup lukewarm water
2 level tablespoons sugar
4 tablespoons melted lard
6 cups sifted flour
1 teaspoon salt

Dissolve the yeast and sugar in the lukewarm liquid; add lard (or butter), and three cups of flour. Beat until smooth; add rest of flour, or enough to make a soft dough, and last, the salt. Knead until smooth and elastic; place in well-greased bowl; cover and set aside in a warm place to rise. When double in bulk, which should be in about two hours, form with hand in twelve large, round biscuits. Cover and set aside for about one half hour. Then, with rolling pin, roll to about one fourth inch in thickness, keeping them round. Have ungreased griddle hot and bake ten minutes. Brown on both sides. As they brown, move to cooler part of stove, where

they will bake more slowly, keeping them warm in the oven until all are baked. They can be reheated in this way or split and toasted on the griddle. These muffins are delicious served hot with plenty of butter.

OATMEAL MUFFINS

1 cake compressed yeast
¼ cup lukewarm water
3 tablespoons sugar
2 tablespoons butter
1 cup hot milk
1 cup rolled oats
½ cup whole wheat flour
½ cup sifted white flour
1 teaspoon salt

Boil the oats and butter in a cup of milk one minute. Let stand until lukewarm. Dissolve the yeast and sugar in one fourth cup of lukewarm water, and combine the two mixtures. Add flour and salt and beat well. The batter should be thick enough to drop heavily from the spoon. Cover and let rise until light, about one hour, in a moderately warm place. Fill well-greased muffin pans two thirds full; let rise about forty minutes; bake twenty-five minutes in a moderately hot oven.

SALLY LUNN

1 cake compressed yeast
1 tablespoon sugar
2 cups milk, scalded and cooled
4 tablespoons melted butter
2 eggs
4 cups sifted flour
1 teaspoon salt

Dissolve the yeast and one tablespoon of sugar in the lukewarm milk. Add butter, then flour gradually, eggs well beaten, and last, the salt. Beat until perfectly smooth; pour into well-greased pans; cover and let rise in a warm place, free from draft, until double in bulk—about one and one half hours. Sprinkle granulated sugar over the top and bake twenty minutes in a hot oven. Serve hot; break apart with fork.

This recipe will fill two medium-sized cake pans.

WHEAT MUFFINS

1 cake compressed yeast
1 cup milk, scalded and cooled
¼ cup lukewarm water
2 level tablespoons sugar
2 eggs
2 tablespoons melted lard
2 cups sifted flour
½ teaspoon salt

Dissolve the yeast and sugar in the lukewarm liquid; add the lard (or butter), eggs beaten until light, and flour to make a

moderately stiff batter; then add the salt and beat until smooth. Cover and set aside in a warm place for about one hour. When risen, fill well-greased muffin tins half full; cover and let rise again for about half an hour. Bake twenty minutes in a hot oven, and serve at once.

CORN MUFFINS WITH YEAST

1 cake compressed yeast
2 cups milk, scalded and cooled
2 level tablespoons brown sugar
4 level tablespoons lard or butter
2 eggs, well beaten
2½ cups corn meal
1 cup sifted white flour
1 teaspoon salt

Dissolve the yeast and sugar in the lukewarm milk. Add lard or butter, cornmeal, flour, eggs and salt. Beat well. Fill well-greased muffin pans two-thirds full. Set to rise in a warm place, free from draft, until light—about one and one half hours. Bake in hot oven twenty minutes.

If prepared over night use only one fourth cake of yeast, and an extra half teaspoon of salt.

CORN MUFFINS No. 1

1 cup white flour
½ cup corn meal
1 tablespoon sugar
½ teaspoon salt
¾ teaspoon soda
1 egg
1 cup sour milk
1 tablespoon melted butter

Mix the dry ingredients; add the egg, beaten into the milk, and the melted butter. Beat thoroughly and bake in well-greased tins.

CORN MUFFINS No. 2

Follow the recipe for Egg Muffins using half corn meal and half white flour.

RICE MUFFINS

1 cup flour
¼ teaspoon salt
2 teaspoons baking powder
1 tablespoon butter
½ cup boiled rice
½ cup milk
1 egg

Sift the dry ingredients; rub in the butter lightly; stir in the rice, then the beaten egg and milk. Pour into greased gem pans, filling them only half full, and bake in a moderate oven about twenty minutes.

EGG MUFFINS

2 cups flour
1 tablespoon butter
1 tablespoon sugar
1/4 teaspoon salt
2 teaspoons baking powder
1 egg
1 scant cup milk

Rub the butter in the flour; add the dry ingredients and mix well. Beat the egg; put it in a tin measuring cup and fill up the cup with milk. Stir this into the flour and when thoroughly mixed, fill buttered gem pans and bake in a quick oven until golden brown. The batter is very stiff and the top of the muffins when baked should be rough.

PERFECT CREAM WAFERS

2 cups flour
2 teaspoons baking powder
1/4 cup sugar
Pinch of salt
Cream

Mix the dry ingredients thoroughly and moisten them with cream. Add just enough cream to make the dough soft enough to roll. If too much is added the wafers will not be crisp. Roll the dough very thin; cut into squares and bake until lightly browned.

GRAHAM WAFERS

Follow the recipe for cream wafers, using half graham flour and half white.

SOUR-CREAM BISCUIT

1 cup sour cream
2 teaspoons baking soda
2 1/2 cups sifted flour
1 teaspoon salt

With a knife stir the cream into the sifted flour, enough to make a very soft dough. Roll thin; cut into rounds and bake in a hot oven.

DROP BISCUIT

2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1 tablespoon lard
Milk to make stiff batter

Mix the dry ingredients; rub in the lard; add milk to make a mixture that may be dropped from a spoon without spreading. Drop on a buttered pan half an inch apart and bake in a hot oven eight or ten minutes.

SOUR-MILK BISCUIT

2 cups flour
¾ teaspoon soda
½ teaspoon salt
1 tablespoon lard
Sour milk

Mix and sift the dry ingredients; rub in the lard; stir in with a knife enough sour milk to make a very soft dough. Roll one half inch thick; cut in small rounds and bake in a quick oven about twenty minutes.

SCOTCH OAT CAKE

1 cup oat flour
¼ teaspoon salt
Flour to make stiff dough

The oatmeal must be finely ground and the dough very stiff. Roll out on a floured board to one eighth of an inch in thickness and bake the sheet in a very slow oven until dry and hard but not brown. Break into irregular pieces.

POP-OVERS

2 eggs
1½ cups milk
1½ cups flour
¼ teaspoon salt

Beat the eggs together; stir in the milk; add gradually the sifted flour and salt; beat for five minutes and strain through a sieve. Butter gem pans and set them in a quick oven to heat. When hot fill each pan about one third full of batter; return to the oven and bake about twenty-five minutes. Serve at once.

GLUTEN GEMS

2 eggs
1 cup milk
1½ cups gluten flour
3 teaspoons baking powder

Beat the yolks of the eggs; add the milk; then the flour and baking powder; beat well; stir in the whites and bake in hot buttered gem pans about twenty minutes.

GRAHAM PUFFS

2 cups graham flour
1 teaspoon sugar
½ teaspoon salt
2 cups milk
3 eggs

Mix the dry ingredients; add the milk, then the eggs beaten until very light; beat for three minutes; turn into hot buttered gem pans and bake in a moderate oven for about half an hour.

ZWIEBACK

1 cake compressed yeast
½ cup milk, scalded and cooled
2 tablespoons sugar
2 eggs
¼ cup melted lard
2¾ cups sifted flour
½ teaspoon salt

Dissolve the yeast and sugar in the lukewarm milk. Add three fourths of a cup of flour and beat thoroughly. Cover and set aside in a moderately warm place to rise for fifty minutes. Add lard (or butter), eggs well beaten, enough flour to make a dough—about two cups—and salt. Knead; shape into two rolls one and one half inches thick, and fifteen inches long. Protect from draft and let rise until light, which should be in about one and one half hours. Bake twelve minutes in a hot oven. When cool cut diagonally into half-inch slices. Place on baking sheet and brown in a moderate oven.

WAFFLES WITH YEAST

1 cake compressed yeast
2 cups milk, scalded and cooled
1 tablespoon sugar
1 tablespoon melted lard or butter
2 eggs
2½ cups sifted flour
1 teaspoon salt

Dissolve the yeast and sugar in the lukewarm liquid; add lard or butter, flour, salt, and eggs well beaten. Beat thoroughly until batter is smooth; cover and set aside to rise in a warm place, free from draft, for about one hour. When light, stir well. Have waffle iron hot and well greased; fill the cool side. Brown on one side; turn the iron and brown on the other side. If the batter is too thick, the waffle will be tough.

If wanted for over night, use one fourth cake of yeast and an extra half teaspoon of salt. Cover and keep in a cool place.

ONE-EGG WAFFLES

1½ cups flour
2 teaspoons baking powder
¼ teaspoon salt
1¾ cups milk
1 egg
2 tablespoons melted butter

Mix the dry ingredients; add the milk slowly; then the egg, well beaten, and the melted butter. Beat the batter for several minutes; drop by spoonfuls on a hot buttered waffle iron, putting one tablespoonful in each section of the iron. Bake and turn, browning both sides carefully; remove from the iron; pile one on top the other and serve at once.

THREE-EGG WAFFLES

2 cups flour
2 teaspoons baking powder
½ teaspoon salt
1¼ cups milk
1 tablespoon melted butter
3 eggs

Mix and sift the dry ingredients; add the yolks of the eggs beaten and stirred into the milk; then add the melted butter and fold in the whites of the eggs. Bake and serve as directed under One-Egg Waffles.

BREAD STICKS

Take rusk or bread dough—rusk is better—and when light cut pieces from the side and roll under the hands to the length of the pan and the thickness of a lead pencil. Let rise until light; bake in a hot oven and when nearly done glaze with beaten egg.

GRIDDLE CAKES

All batter cakes are better baked on an ungreased griddle, as they rise and keep their shape, and do not follow the grease. You will be rid of the disagreeable smoke and the odor of burning fat. Your griddle need not necessarily be of soapstone. If you have an old griddle and clean it thoroughly, being sure to remove all burned fat or batter, it can be used in this way.

OATMEAL GRIDDLE CAKES

1 cake compressed yeast
2 cups milk, scalded and cooled
2 level tablespoons brown sugar
1½ cups corn meal
1 cup sifted flour
2 eggs
½ teaspoon salt

Dissolve the yeast and sugar (or molasses) in the lukewarm milk; add flour, eggs well beaten, corn meal, salt, and beat until smooth. Cover and set aside to rise in a warm place for about one hour, or until light. Stir well and bake on a hot griddle.

If prepared over night, use one fourth cake of yeast and an extra half teaspoon of salt. Cover and keep in a cool place.

WHEAT GRIDDLE CAKES

1 cake compressed yeast
1 cup milk, scalded and cooled
1 cup lukewarm water
2 level tablespoons brown sugar
2 tablespoons melted lard
2 cups sifted flour
½ teaspoon salt
2 eggs

Dissolve the yeast and sugar in the lukewarm liquid. Add lard (or butter), then flour gradually, the eggs well beaten, and salt.

Beat thoroughly until batter is smooth; cover and set aside for about one hour, in a warm place free from draft, to rise. When light, stir well and bake on a hot griddle.

If prepared over night, use one fourth cake of yeast and an extra half teaspoon of salt. Cover and keep in a cool place.

GRIDDLE CAKES No. 1

2 cups flour
½ teaspoon salt
3 teaspoons baking powder
1 or 2 eggs
2 tablespoons melted butter
Milk (about 1½ cups)
1 teaspoon sugar

Mix and sift the dry ingredients; add the milk and beaten eggs; beat thoroughly; add melted butter and drop by spoonfuls on a hot griddle. Serve with butter and maple syrup.

GRIDDLE CAKES No. 2

2 cups flour
½ teaspoon salt
2 teaspoons soda
2 eggs
2 tablespoons melted butter
Sour milk (about 2 cups)

Mix and bake as directed for Griddle Cakes No. 1. One egg may be used instead of two, but more beating will be necessary.

GRIDDLE CAKES No. 3

1 cake compressed yeast
1 cup lukewarm water
1¼ cups milk, scalded and cooled
4 level tablespoons brown sugar
4 tablespoons melted lard
1 teaspoon salt
2½ cups sifted flour

Dissolve the yeast and sugar in the lukewarm liquid; add lard (or butter), flour gradually, and salt. Beat thoroughly; cover and set aside to rise for about one hour, in a warm place, free from draft. When light, stir well and bake on hot griddle.

If wanted for over night, use one fourth cake of yeast and an extra half teaspoon of salt. Cover and keep in a cool place.

BUCKWHEAT CAKES No. 1

1 cake compressed yeast
2 cups lukewarm water
1 cup milk, scalded and cooled
2 level tablespoons brown sugar
2 cups buckwheat flour
1 cup sifted white flour
1½ teaspoons salt

Dissolve the yeast and sugar in the lukewarm liquid; add buckwheat and white flour gradually, and salt. Beat until smooth;

cover and set aside in a warm place, free from draft, to rise—about one hour. When light, stir well and bake on a hot griddle.

If wanted for over night, use only one fourth cake of yeast and an extra half teaspoon of salt. Cover and keep in a cool place.

BUCKWHEAT CAKES No. 2

1 pint buttermilk
Buckwheat flour
¼ cake yeast
Pinch of salt
1 tablespoon molasses
½ teaspoon baking soda

Into the buttermilk stir enough flour to make a soft batter; add the yeast cake dissolved in a little warm water and the salt and beat thoroughly. Let rise over night and in the morning stir in the molasses and baking soda. Save a cup of the batter to be used instead of yeast for the next baking.

RICE CAKES

1 cup flour
3 teaspoons baking powder
½ teaspoon salt
2 eggs
1 tablespoon melted butter
1 cup boiled rice
Milk

Mix and bake as directed for Griddle Cakes No. 1, beating the rice into the milk before adding.

CORN GRIDDLE CAKES

¼ cup corn meal
¾ cup boiling water
Milk (about ½ cup)
½ teaspoon salt
1 cup flour
3 teaspoons baking powder
1 egg
2 tablespoons molasses

Add meal to boiling water and boil five minutes; when lukewarm stir in the milk; add dry ingredients, sifted, the beaten egg and molasses. Bake on a hot griddle and serve with butter and maple sugar.

CRUMB GRIDDLE CAKES

¾ cup bread crumbs
1 cup milk
½ tablespoon butter
1 egg
½ teaspoon salt
½ cup flour
2 teaspoons baking powder

Cook the crumbs, milk and butter for fifteen minutes; rub through a sieve; cool and add the yolk of the egg and the dry ingredients sifted. Fold in the white and bake on a hot griddle.

MOLLETE

½ cup cold winter squash
½ cup milk
1 egg
½ cup corn meal
½ cup flour
¼ teaspoon salt
2 teaspoons baking powder

Beat the squash with the milk and egg; add the other ingredients; mix all together into a smooth batter and bake in small cakes on a hot griddle. In Mexico these are served hot, with a little sugar sprinkled on each.

DROP DUMPLINGS

2 cups flour
½ teaspoon salt
3 teaspoons baking powder
1 scant cup milk

Mix the flour, salt and baking powder; stir in the milk and drop the batter by spoonfuls into the boiling stew. Cover and cook for ten minutes.

If preferred, they may be dropped on a buttered plate and cooked in a steamer over boiling water. In either case they should be served immediately.

ROLLED DUMPLINGS

½ cup suet
1 cup flour
½ teaspoon salt
¼ cup cold water

Chop the suet very fine; mix it with the flour and salt; then with a knife stir in the water, ice-cold. When thoroughly mixed roll the dough into tiny dumplings about the size of a marble; drop them into the soup; simmer for fifteen minutes and serve.

TABLE SYRUP

2 cups brown sugar
2 cups water
1 teaspoon vanilla

Dissolve the sugar in the water and cook until it thickens slightly. When cool, add vanilla or maple flavoring. The syrup is an excellent substitute for maple or other table syrup.

TABLE OF RECIPE PROPORTIONS

NOTE.—All recipes which call for the same kinds of materials differ chiefly in the proportions used, as shown in the following examples. For the complete recipes, see the body of the book.

	Flour.	Baking Powder.	Shortening.	Milk.	Sugar.	Other Ingredients.	Eggs.	Page.
Egg Muffins	2 cups	2 tsp.	1 tbsp.	1 cup	1 tbsp.	¼ tsp. salt	1	243
Griddle Cakes	2 cups	3 tsp.	2 tbsp.	1½ cups	1 tsp.	½ tsp. salt	1 or 2	247
Waffles	1½ cups	2 tbsp.	2 tbsp.	1¾ cups		¼ tsp. salt	1 or 2	245
Timbale Cases	¾ cup		1 tbsp.	½ cup		½ tsp. salt	1	161
Plain Cake	1½ cups	2 tsp.	¼ cup	½ cup	1 cup	½ tsp. flavoring	2	258
Berry Cake	2 cups	2 tsp.	¼ cup	1 cup	1 cup	2 cups berries	1	258
Cookies	2 cups	2 tsp.	½ cup	¼ cup	1 cup	cinnamon, nutmeg		271
Tea Biscuit	2 cups	2 tsp.	1 tbsp.	⅔ cup		½ tsp. salt		238
Short Cake	2 cups	3 tsp.	3 tbsp.	⅔ cup		½ tsp. salt		284
Pastry (plain paste)	1½ cups		½ cup	3½ tbsp. cold water		½ tsp. salt		279

tsp. = teaspoon. tbsp. = tablespoon.

CAKES

What are little cakes made of, made of,
What are little cakes made of?
Sugar and spice, and all things that are nice;
And that's what little cakes are made of, made of.

—*Mother Goose in the Kitchen.*

CAKES

ALTHOUGH the mixing of cakes requires skill, the baking is even more important and needs careful judgment. The novice generally errs in using too hot an oven.

For the sake of convenience, cakes may be divided into two main classes—sponge cakes, or cakes without butter, and butter cakes. Other fats may be substituted for butter. Since butter becomes more difficult to digest upon being heated, sponge cakes, or the butterless kind, are to be preferred for children.

Mixing

Accuracy in the proportion of ingredients is absolutely necessary. To insure it, instead of depending on ordinary cups and spoons, no two of which hold exactly the same quantity, it is well to have utensils of regulation size—a measuring cup divided into quarters and thirds, and holding half a pint, a few tea- and tablespoons, a case knife, and several mixing spoons.

To mix sponge cake: Separate the yolks of the eggs from the whites, and beat the yolks with an egg-beater until they are thick and lemon-colored. Then add the sugar a little at a time, beating constantly. Now beat the whites until they are stiff and dry; add them and the sifted dry ingredients as directed in the recipe. Do this with as few motions as possible, as otherwise the air bubbles enclosed in the mixture will be broken and all previous work undone.

To mix butter cake: Use an earthen bowl for mixing such cakes, and a wooden mixing spoon with slits in it, to lighten the labor of creaming and stirring. Measure the dry ingredients; mix with the flour and sift. Next break the eggs, dropping each into a saucer first in case the whole egg is to be used, so that if a stale egg happens to be among them it can be detected easily and in time. If the whites and yolks are to be used separately, divide them as you break the eggs, and beat both well before using —the yolks until light and the whites until stiff and dry.

Then measure the butter, and if it is too hard to work well, let it stand in a warm place until it has become softened, but not melted. If there is not time for this, warm the bowl by pouring hot water into it, letting it stand a few minutes, then emptying and wiping it dry. Do not let it get too warm, however, or the butter will become oily instead of creamy.

If fruit is to be used, wash and dry it the day before. Dust with flour just before using, and mix with the hand till each piece is powdered, so that all will mix evenly with the dough instead of sinking to the bottom.

Be sure to have all the ingredients ready before beginning to mix. Put the butter into the bowl; work it until soft and creamy, and gradually add the sugar, beating constantly. Next add the eggs, or the yolks, whichever the recipe specifies, and then the liquid. Work in the flour, a little at a time; or, if desired, add small quantities of flour and liquid alternately until the entire amount of each has been used.

Baking

Grease the pans carefully with butter or suet; dust lightly with flour; shake out the flour and pour in the batter. Then lift the pans into the oven.

The essential point, of course, is that the oven have just the proper degree of heat for the kind of cake to be baked. If it is too hot at first, the cake will form a crust on the outside before rising to its full height, and in continuing to rise it will lift the top and break it, thus producing an unsightly loaf. If it is too cool, the cake will either fall, or rise and run over the sides of the pan, making the loaf not only unsightly, but of a coarse texture.

Cake should be watched while baking. If the oven door is opened and closed carefully there is no danger of causing the cake to fall. If the cake browns too quickly, cover it with paper and reduce the heat. Small cakes require a hotter oven than loaf cake.

All cakes except pound cake shrink away from the edges of the pan when done, and in most cases no further test is necessary. Cakes may, however, be tested by sticking a fresh broom straw into the center; if it comes out clean the cake is done.

If the cake cracks open on top too much flour has been used. If of coarse texture the cake has not been well beaten or the oven has been too slow.

BAKING POWDER

8 ounces bicarbonate of soda
6 ounces tartaric acid
1 pound high-grade cornstarch

Put all the ingredients together and sift them thoroughly five times. Keep closely covered in glass jars or tin boxes.

ANGEL CAKE

Whites of 11 eggs
1 teaspoon cream of tartar
1½ cups granulated sugar
1 cup sifted flour
1 teaspoon flavoring

Beat the eggs until light; add the cream of tartar and beat to a stiff froth; then add the sugar gradually. Fold in the flour after it has been sifted five times; add the vanilla and pour the mixture into an unbuttered angel-cake pan. Bake in a moderate oven forty-five or fifty minutes; turn the pan upside down and let it stand until the cake falls out.

SPONGE CAKE No. 1

6 large eggs
11 ounces granulated sugar
3¾ ounces sifted flour
½ lemon
Pinch of baking powder
Pinch of salt

Beat the yolks and the whites separately until very light. Into the yolks beat the sugar; then add the lemon, salt, baking powder and half the flour. Fold in half of the whites; add the remainder of the flour, then the remainder of the whites. Pour into a greased pan and bake in a slow oven for forty-five minutes or one hour.

SPONGE CAKE No. 2

5 eggs
1 cup sugar
Juice and grated rind of ½ lemon
Pinch of salt
1 cup flour

Beat the yolks until light; add the sugar gradually, then the lemon. Beat the whites until stiff and dry; cut them into the first mixture; then sift and fold in the flour, but do not stir the mixture.

SPONGE CAKE No. 3

4 eggs
1 cup sugar
6 tablespoons water
1 cup flour
1 teaspoon baking powder
1 teaspoon vanilla

Beat the yolks of the eggs and the sugar thoroughly; add the water; then the sifted flour and the whites alternately, and the baking powder and vanilla last. Pour into a greased Turk's head and bake in a quick oven about fifteen minutes.

CREAM SPONGE

For cream sponge follow the recipe for Sponge Cake No. 3; bake in layers and fill with a custard made from the following:

1 cup milk
1½ tablespoons cornstarch
½ cup sugar
Yolk of 2 eggs
1 teaspoon vanilla

Cook like any other custard in a double boiler.

JELLY ROLL

3 eggs
1½ cups sugar
2 cups flour
½ cup cold water
Juice of ½ lemon
¼ teaspoon salt
2 teaspoons baking powder

Beat the yolks with the sugar; add the liquid and sifted dry ingredients alternately; fold in the beaten whites and pour into shallow buttered tins, using only enough batter to cover the bottom of the pan. Bake about twelve minutes in a moderate oven; turn out on a paper well dusted with powdered sugar; cut off a thin strip from the sides and ends of the cake; spread with jelly and quickly roll. After the cake has been rolled wrap paper around it so that it will keep its shape.

POTATO-FLOUR CAKE

Yolks of 4 eggs
1 cup sugar
½ cup potato flour
3 teaspoons baking powder
1 teaspoon vanilla
Whites of 4 eggs

Beat the yolks of the eggs very light with the sugar; add the potato flour and baking powder; flavor; fold in the whites carefully and pour the mixture into a buttered tin. Bake in a very slow oven for about thirty-five minutes.

POUND CAKE

1 pound butter
1 pound sugar
1 pound flour
10 eggs
¼ teaspoon grated nutmeg
2 teaspoons vanilla

Beat the butter and sugar to a cream; add the yolks of the eggs beaten light; then beat the whites to a stiff froth and add them alternately with the flour; flavor; put in two deep, buttered pans and bake in a moderate oven from forty to fifty minutes.

ORANGE CAKE

½ pound butter
½ pound sugar
½ pound flour
5 eggs
Rind of 1 orange
Juice of 2 oranges
1 even teaspoon soda
1 teaspoon hot water

Mix like pound cake, beating the oranges into the sugar and butter and adding the soda dissolved in hot water last. Bake in a slow oven until thoroughly done.

BUTTER CAKE

1½ cups flour
1 cup butter
5 eggs
1½ cups powdered sugar
1 teaspoon baking powder
1 teaspoon vanilla

Beat the butter and flour to a cream; add the yolks, then the beaten whites, and last the sugar, baking powder and vanilla.

PEGGY CAKE

1½ cups sugar
½ cup butter
3 eggs
½ cup milk
2 cups flour
2 teaspoons baking powder
Little grated nutmeg

Mix like pound cake, adding the baking powder last. Bake in shallow tins or in a Turk's head.

GOLD CAKE

¾ cup butter
1 cup sugar
Yolks of 2 eggs
2 cups flour
¾ cup milk
3 teaspoons baking powder
Little grated nutmeg

Beat the butter and sugar to a cream; add the eggs, then the sifted flour and baking powder alternately with the milk. Flavor with a little grated nutmeg.

SILVER CAKE

1 cup sugar
6 ounces butter
Whites of 2 eggs
2 cups flour
2 teaspoons baking powder
½ cup cream
1 teaspoon vanilla

Beat the butter and sugar to a cream; add the stiffly beaten whites of eggs, then the sifted flour and baking powder; last add the cream and flavoring.

PLAIN CAKE

¼ cup butter
1 cup sugar
2 eggs
½ cup milk
1½ cups flour
2 teaspoons baking powder
½ teaspoon vanilla

Beat the butter and sugar to a cream; add the beaten yolks and beat all well; then add the milk alternately with the sifted flour and baking powder; last of all add the whites, beaten to a stiff froth, and the flavoring. Bake in one pan or in small gem pans.

BERRY CAKE

¼ cup butter
1 cup sugar
1 egg
1 cup milk
2 cups flour
2 teaspoons baking powder
1 pint blueberries, huckleberries, or blackberries

Mix the same as Plain Cake, adding the berries, well washed and drained and dusted with flour.

SHELLBARK CAKE

¼ pound butter
1 cup sugar
2 eggs
2 cups flour
½ teaspoon soda
¾ cup milk
1 cup shellbark meats
¼ pound raisins
¼ pound currants
¼ pound citron
1 teaspoon vanilla
Ten gratings of nutmeg

Beat the butter and sugar to a cream; add the beaten eggs, then half the flour alternately with the milk in which the soda has been dissolved; add the nuts, then the fruit, well washed and drained and mixed with some of the flour; add vanilla and nutmeg and the remaining flour. Bake in a moderate oven.

LEMON CAKE

½ cup butter
1½ cups sugar
3 eggs
2 teaspoons baking powder
1½ cups flour
¼ cup milk
Juice and grated rind of ½ lemon

Beat the butter and sugar to a cream; add the beaten yolks; then alternately the milk and the sifted flour and baking powder; fold in the whites and add lemon.

CORNSTARCH CAKE

1 cup sugar
¼ cup butter
½ cup milk
1 cup flour
2 teaspoons baking powder
½ cup cornstarch
Whites of 3 eggs

Beat the butter and sugar to a cream; add the milk, then the flour, cornstarch and baking powder, well sifted together; last add the whites, beaten to a stiff froth. Bake in a loaf or in two layers, and ice.

SIMPLE LAYER CAKE

1⅓ cups sugar
⅔ cup butter
2 eggs
⅔ cup milk
2 cups flour
2 teaspoons baking powder
1 teaspoon vanilla

Beat the butter and sugar to a cream; add the eggs; then the flour and milk alternately and the baking powder and flavoring last. Bake in layers and fill with chocolate or other filling.

FARMERS' FRUIT CAKE

3 cups dried apples
2 cups molasses
1 cup butter
1 cup sugar
1 cup seeded raisins
1½ cups milk
2 eggs
4 cups flour
4 teaspoons baking powder
3 teaspoons mixed spices

Soak the apples over night; chop and cook slowly with the molasses until tender. Cream the butter and sugar; add the eggs, then the cooked apples and molasses, raisins and milk. Sift the flour, baking powder and spices and beat well while adding to the other ingredients. Pour into a well-greased pan and bake in a slow oven.

ECONOMICAL FRUIT CAKE

½ cup butter
2 cups brown sugar
1 pound raisins
1 pound currants
½ pound citron
1 cup molasses
1 egg
½ teaspoon cinnamon
½ teaspoon cloves
Pinch of salt
1 cup warm coffee
3 cups flour
3 teaspoons baking powder

Wash the fruit thoroughly and put it in a warm place to dry. Beat the butter and sugar; add the fruit, molasses, egg and spices; then the flour and coffee alternately and the baking powder last. Line a deep baking pan with well-buttered paper; pour the batter into it and bake in a slow oven about three hours.

ONE-EGG CAKE

1 cup sugar
¼ cup butter
1 egg
½ cup milk
1 teaspoon flavoring
3 teaspoons baking powder
1⅔ cups flour

Beat the butter and sugar to a cream; add the egg beaten very light, then the milk and flavoring. Sift the flour and baking powder together; add these to the mixture and beat well. Bake about half an hour.

MOCK POUND CAKE

½ pound pulverized sugar
¼ pound butter
3 eggs
½ cup milk
1¾ cup flour
2 teaspoons baking powder

Beat the butter and sugar to a cream; add the yolks of the eggs; then alternately the milk and the sifted flour and baking powder. Then beat the whites of the eggs very stiff and stir them into the mixture carefully. Pour into a greased pan and bake one hour in a moderate oven.

COCOANUT CAKE

½ cup butter
1 cup sugar
½ cup shredded cocoanut
2 eggs
½ cup milk
1¾ cups flour
2 teaspoons baking powder
Flavoring

Beat the butter and sugar to a cream; add the cocoanut and eggs; then add the milk and sifted flour and baking powder.

Flavor to taste; turn into a greased pan and bake in a moderate oven for about forty-five minutes.

LADY CAKE

6 ounces butter
1 cup powdered sugar
¼ cup milk
½ teaspoon almond extract
Whites of 3 eggs
1½ cups flour
2 teaspoons baking powder

Beat the butter to a cream; add the sugar gradually, then the flavoring and milk and the beaten whites alternately with the sifted flour and baking powder.

WHITE CUP CAKE

½ cup butter
1 cup powdered sugar
Dash of nutmeg
Grated rind of ½ lemon
½ cup cream
2 cups flour
Whites of 3 eggs
¾ teaspoon soda
1 teaspoon hot water

Beat the butter and sugar to a cream; add lemon rind and nutmeg, then the cream, then the flour alternately with the whites beaten to a stiff froth. Last add the soda dissolved in the hot water. Bake in shallow buttered tins or all in one.

CINNAMON SWEET CAKE

1 cup brown sugar
1 tablespoon butter
1 egg
2 cups flour
1 teaspoon cinnamon
¾ cup milk
3 teaspoons baking powder

Beat the butter and sugar to a cream; add the egg and cinnamon; then the flour and milk alternately and the baking powder last. Pour into two shallow greased baking tins; spread brown sugar, cinnamon and bits of butter over the top and bake in a moderately hot oven.

MARSHMALLOW CAKE

½ cup butter
1 cup sugar
2 eggs
½ cup milk
1½ cups flour
Grated nutmeg
1 teaspoon vanilla
2 teaspoons baking powder

Beat the bntter and sugar to a cream; add the eggs, one at a time, then the milk, flour and flavoring, and last the baking

powder. Beat thoroughly after adding each ingredient. Bake in layers and fill with marshmallow filling.

COFFEE LOAF CAKE

1/3 cup butter
1/2 cup sugar
1/2 cup molasses
1/2 cup strong coffee
1 egg
1 cup seeded raisins
2 cups flour
3/4 teaspoon soda

Beat the butter and sugar to a cream; add the molasses, then the beaten egg and coffee. Wash and drain the raisins; dredge with flour and add to the mixture; then add the sifted flour and soda. Beat well and pour into a deep, greased pan. Bake about one hour.

MARBLE CAKE

1 cup butter
2 cups powdered sugar
4 eggs
3 cups flour
1 cup sweet milk
2 teaspoons baking powder
1 square unsweetened chocolate

Beat the butter and sugar to a cream; add the yolks of the eggs, then the sifted flour and baking powder alternately with the milk. Fold in the whites; take one third of the batter out and add to it the chocolate melted and thinned with a little hot water. Into the baking pan pour the yellow mixture to the depth of one inch; drop into this in two or three places a spoonful of the dark mixture, giving it a slight stir with the tip of a spoon and spreading it in broken circles around the dark mixture. Pour in more yellow batter, then more brown, proceeding in the same way until all the batter is used. Bake in a moderate oven.

SURPRISE CAKE

2 tablespoons butter
1 cup sugar
1/2 teaspoon allspice
2 teaspoons cinnamon
1/4 teaspoon cloves
1 cup raisins
2 cups flour
2 teaspoons baking soda
1 cup apple sauce
1/2 cup boiling water

Rub the butter into the sugar and add the raisins and spices. Thin the apple sauce with the boiling water and add it to the other ingredients. Bake in a moderate oven for one hour.

SNIPPY-DOODLE

1 cup sugar
1 tablespoon butter
1 egg
1 cup flour
½ cup milk
2 teaspoons baking powder

Beat the butter and sugar to a cream and add the egg. Then stir in the flour and the milk alternately; add the baking powder last. Pour into a shallow, greased baking tin; and sprinkle with sugar and cinnamon. Bake in a moderate oven.

SPONGE GINGER CAKE

½ cup sour milk
½ cup molasses
¼ cup butter
1 egg
½ tablespoon ginger
2 cups flour
1 teaspoon soda

Beat together the molasses, butter, egg, milk and ginger; then stir in the flour and last the soda dissolved in a very little hot water. Bake in shallow square tins.

GINGERBREAD

1 cup sugar
½ cup butter and lard
2 eggs
1 cup sour milk
2 even teaspoons soda
1 cup molasses
3 cups flour
2 teaspoons cinnamon
1½ teaspoons ginger
1 teaspoon cloves
¼ teaspoon grated nutmeg

Beat the butter and sugar to a cream; add the eggs, then the milk with the soda dissolved in it, last the molasses, spices and flour. Bake in square tins about twenty minutes.

MOLASSES CAKE

½ cup granulated sugar
½ cup butter
1 cup molasses
2 even teaspoons soda
1 cup boiling water
2½ cups sifted flour
1 teaspoon grated nutmeg
1½ teaspoons cinnamon
Salt to taste
2 beaten eggs

Cream the butter with the sugar and add the molasses; then add the boiling water in which the soda has been dissolved. Measure the flour after it is sifted; stir it into the molasses mixture when that has cooled; add spices and salt and last of all the eggs. Bake in a shallow greased pan in a very slow oven.

MOCHA TORTE

6 eggs
¾ cup sugar (half pulverized)
1 tablespoon essence Turkish coffee
¾ cup sifted flour
1 teaspoon baking powder
1 cup whipped cream

Beat the sugar thoroughly with the yolks of the eggs; then add the coffee, and the sifted flour and baking powder alternately with the well-beaten whites. Bake in two layers and put the whipped cream between the layers.

For the icing use one cup of pulverized sugar, one tablespoon of boiling water and one tablespoon of coffee essence.

PATRIOTIC CAKE (1776 RECIPE)

1 pound risen bread dough
2 cups brown sugar
1 cup butter
3 eggs
2 tablespoons cream
1 level teaspoon soda
1 tablespoon water
½ pound currants
½ pound seeded raisins
1 level teaspoon cloves
1 level teaspoon nutmeg

To the risen bread dough add the other ingredients, dissolving the soda in the water and having the currants and raisins thoroughly washed and drained. Pour the mixture into a greased pan and set it in a warm place to rise for twenty minutes. Bake in a moderate oven and when cool, ice and ornament with candied cherries.

DEVILS' FOOD

2 ounces unsweetened chocolate
Yolks of 4 eggs
¾ cup milk
Whites of 2 eggs
1½ cups sugar
½ cup butter
1¾ cups flour
1 teaspoon baking powder
1 teaspoon vanilla

Melt the chocolate with half the milk and the yolks of two eggs over hot water and cook until a thick custard is formed. Cream the butter and sugar; add the remaining eggs, the flour and baking powder, sifted, the milk, vanilla and chocolate custard after it has cooled. Bake in layers and cover with boiled white frosting. Or cut out the centers of the two upper layers and fill with whipped cream to which sugar, cherries and nuts have been added. Put the cream between the layers, also, and ice the top.

SPANISH BUN No. 1

3 ounces butter
½ pound sugar
2 eggs
6 ounces flour
½ cup cream
2 teaspoons baking powder
½ cup currants

Beat the butter and sugar to a cream; add the yolks of the eggs, then the cream alternately with the sifted flour, mixing the baking powder with the last of the flour. Then add the whites of the eggs, beaten very stiff, and last of all the currants, thoroughly washed and dried. Bake in shallow tins and ice with boiled icing.

SPANISH BUN No. 2

¼ pound butter
¾ pound sugar
2 eggs
Dash of nutmeg
¾ pound flour
2 teaspoons baking powder
¾ cup milk
6 ounces currants

Beat the butter and sugar to a cream; add the eggs and grated nutmeg, then alternately the milk and sifted flour and baking powder. Last of all add the currants, well washed and drained and dusted with flour.

CUP CAKES

½ cup butter
1 cup sugar
2 eggs
2 teaspoons baking powder
1½ cups flour
10 drops almond extract
Milk (about ½ cup)

Beat the butter and sugar to a cream; add the eggs and beat until light; add sifted flour, baking powder, flavoring and milk to make a smooth batter, medium thick. Bake in well-greased cups or gem pans.

DROP CAKES

¼ cup butter
¾ cup sugar
1 egg
3 tablespoons milk
1¼ cups flour
2 teaspoons baking powder

Beat the butter, sugar and egg together; add the milk, flour and baking powder, well sifted, and flavoring if desired. Drop from a spoon three inches apart on buttered tins and bake quickly in a hot oven.

CHOCOLATE DROP CAKES

Whites of 4 eggs
2 ounces grated chocolate
1 cup sugar
3 ounces flour

Beat the eggs to a stiff froth; add the sugar, then the chocolate, melted, and the flour. Drop from a spoon on buttered tins, allowing room for the mixture to spread. Bake in a quick oven.

CURRANT DROP CAKES

1 cup powdered sugar
⅓ cup butter
1 egg
1⅔ cups flour
⅓ cup sour cream
¾ teaspoon soda
1 teaspoon hot water
¼ cup currants

Stir the butter and sugar to a cream; add the egg, beaten until very light, then the sifted flour. Beat all well together; add the cream and the soda dissolved in hot water. Last add the currants, washed and drained and mixed with a teaspoon of flour. Drop the mixture on buttered tins and bake in a hot oven.

GINGER DROP CAKES

½ cup butter
1 cup molasses
½ cup sugar
½ teaspoon salt
1 tablespoon ginger
2 eggs
¾ tablespoon soda
¼ cup hot water
Flour to make stiff batter

Warm the butter slightly; beat it in the molasses; add the ginger, sugar and salt, then a little of the flour, then the beaten eggs, then more flour. Make the batter stiffer than needed to allow for the soda and hot water, which are to be added last. Drop on buttered tins and bake in a quick oven.

OAT CAKES

1 cup granulated sugar
1 tablespoon butter
2 eggs
1 tablespoon flour
2½ cups rolled oats
2 teaspoons baking powder
1 teaspoon vanilla

Cream the sugar and butter; add the eggs, beaten separately and then together, the vanilla and the dry ingredients, well mixed. Drop the mixture from a teaspoon on buttered tins, allowing room for the cakes to spread.

OAT COOKIES

½ cup sugar
⅓ cup butter
1 egg
¼ teaspoon salt
1 cup rolled oats
½ cup flour
½ cup chopped raisins
½ tablespoon cinnamon
½ teaspoon soda
1 tablespoon hot water

Beat the butter and sugar to a cream; mix in the other ingredients, adding the soda last, dissolved in the hot water. Roll the dough into small balls like nuts and bake on buttered tins in a moderately hot oven.

PEPPERNUTS

1¼ pounds brown sugar
3 eggs
1 cup chopped walnuts
1 teaspoon cloves
2 teaspoons cinnamon
1¼ teaspoons soda
1 tablespoon hot water
Flour to make dough

Beat the eggs thoroughly; add the sugar and beat again. Then add the chopped walnuts and spices and some of the flour. Add the soda dissolved in the hot water and more flour—enough to make a dough that can be rolled out on a pie board. Roll one eighth of an inch thick; cut into tiny rounds and bake on greased tins.

BELGRADER BREAD

1 pound powdered sugar
4 eggs
¼ pound chopped almonds
¼ pound chopped citron
1 small nutmeg grated
¼ teaspoon cloves
¼ teaspoon powdered hartshorn
Sufficient flour to make dough

Beat the eggs and sugar together; add the almonds, citron and spices; then add the flour gradually. Take one-fourth of the dough; roll it out on a board well dusted with flour; cut into diamond-shaped pieces; place half an almond or pecan in the center of each, and paint with egg, using a small stiff brush. Bake on greased tins in a hot oven.

ALMOND ROCK CAKES

¾ pound chopped almonds
1 pound powdered sugar
Pinch of salt
Whites of 5 eggs

Add the salt to the eggs and beat as stiff as possible. Add the sugar gradually, then the almonds. Drop from a teaspoon on buttered tins and bake in a slow oven until delicately browned.

MACAROONS

½ pound shelled almonds
1 teaspoon vanilla
1 pound pulverized sugar
Whites of 3 eggs

Blanch the almonds and plunge them into cold water. Run them through a chopper or pound them as fine as possible; add the vanilla and sugar and the whites of the eggs, well beaten. Work the paste thoroughly; then dip the hands in water and roll the paste into balls the size of a nutmeg. Lay them on buttered paper an inch apart and bake fifteen or twenty minutes in a slow oven.

COCOANUT MACAROONS

1 grated cocoanut
½ its weight in sugar
½ cup flour
White of 1 egg

Mix the cocoanut thoroughly with the sugar and flour; add the white of the egg, well beaten, and work the paste carefully. Roll it into balls the size of a nutmeg and lay them on buttered paper. Bake fifteen or twenty minutes in a slow oven.

NUT MACAROONS

Whites of 2 eggs
½ pound powdered sugar
½ tablespoon flour
Pinch of salt
½ pound chopped nuts

Beat the whites very stiff; stir in the sugar, flour and salt and last the nuts. With wet hands roll the mixture into small balls and bake on buttered paper.

CHOCOLATE CAKES

2 cups sugar
½ cup butter
2 eggs
1 cup grated chocolate
2 cups flour
½ teaspoon vanilla

Beat the butter and sugar to a cream; add the yolks of the eggs and the chocolate (melted by standing over hot water); then add alternately the flour and the well-beaten whites of the eggs. Add the flavoring; work the mixture well and roll it in long narrow pieces. Roll these in granulated sugar and bake them on pans dusted with flour. If the cakes spread and crack open like macaroons they are right.

CHOCOLATE WAFERS

2 pounds sugar
3 eggs
½ pound grated chocolate
14 tablespoons melted lard and butter
Flour to make dough
2 teaspoons cinnamon

Beat the eggs with the sugar; add the other ingredients, melting the chocolate first over hot water, and using enough flour to make a dough that can be rolled very thin. Roll; cut with a round biscuit cutter and bake on buttered tins in a quick oven.

A-P'S

¾ cup butter
1 cup sugar
2 eggs
½ pound flour

Beat the butter and sugar to a cream; add the eggs well beaten, then the flour. Drop by the half teaspoon on buttered tins and bake until the edges are delicately browned.

GINGER SNAPS No. 1

1 cup melted butter and lard
½ cup sugar
1 cup molasses
1 tablespoon ginger
1 scant tablespoon soda
¼ cup milk
Flour to make stiff dough

Mix the butter and lard with the sugar; add some flour, then the molasses and ginger, and the soda dissolved in a very little warm water. Continue adding flour and milk alternately until a stiff dough is formed. Roll out as thin as possible; cut into round cakes and bake on greased tins in a quick oven.

GINGER SNAPS No. 2

½ cup molasses
½ cup sugar
1½ tablespoons ginger
½ tablespoon cinnamon
½ cup butter
½ cup sour milk
½ teaspoon soda
¾ tablespoon hot water
Flour to make stiff dough

Boil the molasses, spices and sugar together; add the butter, sour milk and the soda dissolved in hot water. Add sufficient flour to make a stiff dough; roll very thin; cut into round cakes and bake in a hot oven.

ORANGE GINGERBREAD

12 ounces flour
4 ounces brown sugar
1 teaspoon ginger
1 teaspoon allspice
2 ounces candied orange peel
4 ounces butter
Molasses

Sift the flour; stir in the spices and chopped orange peel; warm the butter and add it; then mix all to a dough with molasses. Roll very thin, using as little flour as possible; cut in small round cakes and bake in a quick oven.

CRISP GINGERBREAD

1 pound flour
⅔ cup sugar
⅔ cup butter
1 tablespoon ginger
1 teaspoon cloves
¼ teaspoon mace
Grated rind of 1 lemon
Molasses

Cut and rub the butter into the flour and sugar until thoroughly mixed; add spices and lemon peel; mix thoroughly and moisten with molasses. Roll the dough very thin; cut into squares and bake in a hot oven.

CRULLERS (New England Doughnuts)

1 egg
1 cup sugar
Cassia or nutmeg
1 teaspoon butter
Flour
1 cup sour milk
1¼ teaspoons soda

Beat the egg; add the sugar, flavoring to taste, butter, melted, and flour and milk alternately. Dissolve the soda in the milk, and mix all as lightly as possible. Use flour enough to make a soft dough; roll and fry in deep fat, hot enough to smoke but not too hot, or the crullers will brown and not be cooked through. Sweet milk and two tablespoons baking powder may be substituted for the sour milk and soda.

JUMBLES

2 cups sugar
1 cup butter
2 eggs beaten separately
Flour
2 tablespoons sour milk
¾ teaspoon soda
1 teaspoon vanilla

Beat the butter and sugar to a cream; add the eggs and part of the flour; then the milk, dissolving the soda in the milk. And sufficient flour to make a dough just stiff enough to roll thin. Cut in rings and bake in a moderate oven.

COOKIES

1 cup sugar
½ cup butter and lard
1 egg
Few gratings of nutmeg
¼ cup milk
Flour to make dough
2 teaspoons baking powder
Sugar and cinnamon

Follow the directions for Jumbles; roll as thin as possible, and sprinkle with sugar and cinnamon.

SAND TARTS

Make jumbles, cutting them into squares. Brush the top with egg and sprinkle with granulated sugar.

PEANUT CAKES

Whites of 5 eggs
1 cup sugar
1 tablespoon flour
Ground peanuts

Beat the eggs as stiff as possible; add the sugar and flour; then stir in enough peanuts to make a very stiff batter. Drop in small lumps on buttered tins and bake in a quick oven.

FRUIT JUMBLES

1 cup butter
1 cup sugar
2 tablespoons lemon juice
Grated nutmeg
3 eggs
10 ounces flour
½ pound seeded raisins or currants

Stir the butter and sugar to a cream; add the lemon and a little grated nutmeg; then the eggs beaten separately, then the flour, leaving out a tablespoonful to mix with the fruit. Have the fruit well washed and drained; mix with the flour and add to the batter. Drop on buttered tins and bake.

MERINGUES

Whites of 3 eggs
1 cup powdered sugar
½ teaspoon vanilla

Beat the eggs to a stiff froth; stir in the powdered sugar lightly with a wooden spoon. When thoroughly mixed flavor and arrange the meringue on buttered paper in the shape of eggs; sift powdered sugar thickly over the top; let them stand a few minutes; shake off the superfluous sugar; lay the paper on tins

and bake in a very slow oven until a delicate brown. When cool, remove carefully from the paper; dip a spoon in hot water; scoop out the inside; dust with powdered sugar and set away until serving time. Fill with ice cream or whipped cream and press together, leaving some of the cream visible.

KISSES

Follow the recipe for meringues, arranging in smaller mounds; when done do not remove the inside but press two pieces together, dipping the flat sides lightly in white of egg to make them stick.

PLAIN FROSTING

1 cup powdered or confectioners' sugar
2 tablespoons milk or water
¼ teaspoon vanilla

Add only enough liquid to make a moderately thick paste; different grades of sugar may require different amounts.

Two tablespoons of cocoa or grated chocolate, melted, may be added if desired.

ORNAMENTAL FROSTING

1 cup powdered sugar **White of 1 egg**
1 teaspoon lemon juice

This frosting is to be used only for decoration on a cake that has already been iced.

Beat the egg until it is frothy but not dry; add three teaspoons of sugar and beat five minutes; add one teaspoon every five minutes until the frosting is thick; then add the lemon juice. Continue beating until a point of the mixture will keep any form; press through a pastry tube upon the cake as desired.

BOILED FROSTING

1 cup sugar **1 egg white**
4 tablespoons water **1 teaspoon vanilla**

Boil the sugar and water until the syrup will thread when dropped from the tip of a spoon. Pour gradually over the stiffly beaten white, beating constantly until the mixture is of the right consistency to spread; then add flavoring and spread evenly with a knife over the cold cake.

HOW TO USE A PASTRY TUBE

If two eggs are used instead of one the mixture will not harden so quickly and will be more easily spread.

CHOCOLATE FROSTING No. 1

Make a boiled frosting, adding one square of unsweetened chocolate, grated, to the beaten egg. The chocolate will melt when the hot syrup is poured on.

CHOCOLATE FROSTING No. 2

2 tablespoons melted chocolate
5 tablespoons powdered sugar
3 tablespoons boiling water

Cook over the fire until smooth and glossy, and use at once. This icing is to be used for éclairs or small cakes.

MAPLE-SUGAR FROSTING

½ pound maple sugar
½ cup milk
Whites of 2 eggs

Scrape the sugar into a saucepan; add the milk and stir over the fire until it spins a thread. Pour hot over the beaten whites of eggs; beat until it begins to thicken and spread quickly between the layers of cake.

DIVINITY FROSTING

1 cup brown sugar
3 tablespoons water
1 egg white
1 teaspoon vanilla

Boil the sugar and water until it forms a soft ball when dropped into cold water. Proceed as with Boiled Frosting.

CHOCOLATE FILLING

5 tablespoons grated chocolate
1 egg
1 cup sugar
2 teaspoons milk
½ teaspoon vanilla

Melt the chocolate; add the sugar, egg and milk and cook for five minutes over boiling water. Cool slightly; add the vanilla and spread between the layers of cake.

FIG FILLING

½ pound chopped figs
2 tablespoons sugar
3 tablespoons boiling water
1 tablespoon lemon juice

Cook all the ingredients together in a double boiler until thick enough to spread without running off the cake. Have the cake cold and the filling hot.

FRUIT FILLING

Whites of 3 eggs
½ cup sugar
4 tablespoons chopped citron
4 tablespoons chopped raisins
½ cup chopped almonds
¼ pound chopped figs

Beat the whites to a stiff froth; add the sugar gradually, then the fruit and nuts.

ORANGE FILLING

To the juice and grated rind of one orange add enough powdered sugar to make a stiff paste. Spread between the layers of a cake, icing the top layer.

LEMON FILLING

1 cup sugar
Yolks of 2 eggs
½ tablespoon butter
Juice and grated rind of 1 lemon

Put all the ingredients in a double boiler and stir and cook until the mixture thickens. Spread between the layers of cake and ice the top with a white icing made from the whites of eggs not used in the filling.

COCOANUT FILLING

Make a boiled frosting; spread as usual; sprinkle cocoanut over the top; lay on another layer and do the same.

MARSHMALLOW FILLING

1 cup sugar
5 tablespoons boiling water
White of 1 egg
8 marshmallows
½ teaspoon vanilla

Beat the white of the egg until stiff and heat the marshmallows until soft. Boil the sugar and water until it spins a thread; pour on the egg and marshmallows and beat until cool enough to spread.

PASTRY AND PIES

If pie weren't good for us, why should it taste so good?

—*Riddles to Solve.*

Occasionally, I give my stomach a piece of mince pie just to show it who is the boss.

—*The Bishop.*

PASTRY AND PIES

IT would be a waste of paper and space to warn the average American against the indigestibility of pastry, even at its best, and to explain that starch cells thus combined are armored against the influence of digestive fluids. Therefore every good cook endeavors to produce the best kind of pastry, light and flaky, and as digestible as possible; for heavy, soggy pastry is an endurance test for the digestion of even the most healthy person.

The baking is especially important, because even good crust poorly baked is unfit to eat. The oven must be hot, with the greatest heat at the bottom, so that the under crust may be thoroughly cooked, and cooked before the filling of the pie has a chance to soak in and make it soggy.

Butter makes a more flaky crust than lard, although the recipes call for lard because that is generally more available; but other preparations, of which there are several on the market, may be used.

PUFF-PASTE

½ pound butter
½ pound flour
½ teaspoon salt
¼ to ½ cup ice-water

The secret of making good puff-paste is to have all the ingredients cold. Use a marble slab if possible and avoid making the paste on a warm, damp day. It should be made in a cool place, as it is necessary to keep the paste cold during the whole time of preparation. The recipe makes two pies or four crusts.

Cut off one third of the butter and put the remaining two thirds in a bowl of ice-water. Divide this into four equal parts; pat each into a thin sheet and set them away on ice. Mix and sift the flour and salt; rub the reserved butter into it and make as stiff as possible with ice-water. Dust the slab with flour; turn the

paste upon it; knead for one minute; then stand on ice for five minutes. Roll the cold paste into a rectangular sheet about one third of an inch thick; place the cold butter in the center and fold the paste over it, first from the sides and then the ends, keeping the shape square and folding so that the butter is completely encased and cannot escape through any cracks as it is rolled. Roll out to one fourth inch thickness, keeping the rectangular shape and folding as before, but without butter. Continue rolling and folding, enclosing a sheet of butter at every alternate folding until all four sheets are used. Then turn the folded side down and roll in one direction into a long narrow strip, keeping the edges as straight as possible. Fold the paste over, making three even layers. Then roll again and fold as before. Repeat the process until the dough has had six turns. Cut into the desired shapes and place on the ice for twenty minutes or longer before putting in the oven.

If during the making the paste sticks to the board or pin, remove it immediately and stand on the ice until thoroughly chilled. Scrape the board clean; rub with a dry cloth and dust with fresh flour before trying again. Use as little flour as possible in rolling, but use enough to keep the paste dry. Roll with a light, even, long stroke in every direction, but never work the rolling pin back and forth as that movement toughens the paste and breaks the bubbles of air.

The baking of puff-paste is almost as important as the rolling, and the oven must be very hot, with the greatest heat at the bottom, so that the paste will rise before it browns. If the paste should begin to scorch, open the draughts at once and cool the temperature by placing a pan of ice-water in the oven.

HALF PUFF-PASTE FOR FRUIT PIES

½ pound flour
2 ounces lard
Ice-water
4 ounces butter
Pinch of salt

Sift the flour and salt; cut into it the lard; mix to a dough with cold water. Flour the pastry slab or pie board; turn out the paste; roll half an inch thick; sprinkle lightly with flour and roll again Lay on the butter; fold the crust over; roll as before; dust with flour; fold and roll again. Repeat the process once more; set in a cool place for half an hour or longer; give another roll and the paste is ready for use. It should make four single crusts.

PLAIN PASTE

1½ cups flour (sifted)
½ teaspoon salt
½ cup lard
3½ tablespoons cold water

Sift the flour and salt, then cut in the shortening with two knives until it looks mealy. Add the water gradually, cutting it in with a knife. Flour the bottom of the pan; roll out the crust and line the bottom of the pan with it. Trim off the edges; roll them out; form into a long strip and press around the edge of the crust, moistening it slightly with water first to make the dough adhere. Fill and bake in a quick oven, having the greatest heat at the bottom. A gas stove is more satisfactory for pies than a coal stove. The recipe makes two single crusts.

TARTLETS

Roll puff-paste one eighth of an inch thick; cut it into squares; turn the points together into the middle and press slightly to make them stay. Bake until thoroughly done; place a spoonful of jam in the center of each; cover the jam with meringue and brown the meringue in a quick oven.

By brushing the top of the paste with beaten egg diluted with one teaspoon of water a glazed appearance may be obtained.

TORTO FRUTAS

Line the sides of a baking dish with a half puff-paste; cover the bottom with sliced pineapple; put in a layer of peeled sliced oranges, then sliced bananas and then a few slices of lemon; sifting a generous supply of powdered sugar over each layer. Repeat the layers until the dish is full and cover with chopped nuts and narrow strips of the puff-paste. Bake slowly for an hour or more.

PEACH CRUSTS

Roll puff-paste one-eighth of an inch thick; cut in two-and-a-half-inch squares and bake in a hot oven. Cool; press down the centers and place in each a half of a canned peach, drained from its syrup. Sprinkle with powdered sugar and squeeze a little lemon juice into each cavity.

FRENCH TART

Roll out puff-paste; cover a pie dish with it; turn and notch the edge; fill the crust with any small preserved fruits, jam or marmalade; cut out an ornament of leaves from the crust; lay it on the top and bake for about half an hour in a quick oven.

BAKED APPLE DUMPLINGS

Pare and core large tart apples. Make a short pie-crust; roll thin and cut into squares large enough to cover an apple. Place one apple in the center of each square; fill the cavity with sugar, cinnamon and grated nutmeg; fold the corners to meet at the top, pinching the edges to make them stick together and hold in the juices. Bake until the apples are tender and serve with hard or wine sauce.

PUMPKIN PIE

1½ cups cooked pumpkin
¾ cup milk
2 eggs
1 tablespoon flour
1 teaspoon vanilla
½ cup sugar
¼ teaspoon salt

Cut the pumpkin in small pieces; peel, wash and steam or stew until tender. Mash to a pulp; cook as dry as possible without scorching and rub through a colander or coarse sieve. Mix thoroughly with the milk and other ingredients; pour into an open crust and bake slowly for forty or fifty minutes. Spices may be used in addition to the vanilla for flavoring if desired.

Squash pie may be made from this recipe, using less milk.

RHUBARB PIE

1½ cups rhubarb
⅔ cup sugar
1 egg
1 tablespoon flour

Prepare the rhubarb and scald it as for stewing; mix with the other ingredients and bake between two crusts.

LEMON MERINGUE PIE

1 cup water
1 tablespoon cornstarch
1 cup sugar
Butter size of 1 egg
Juice and grated rind of 1 lemon
Yolks of 2 eggs
Whites of 2 eggs
2 tablespoons sugar

Boil the water; wet the cornstarch and stir it in; boil until clear and pour on the sugar and butter. When cool add the lemon

and egg yolks and pour into a pie plate lined with any kind of paste preferred. Bake in a hot oven, having the greatest heat at the bottom of the oven. When nearly done cover with a meringue made from the whites of the eggs and two teaspoons of granulated sugar and return to the oven to brown.

LEMON CREAM PIE

½ cup milk
1 cup sugar
1½ teaspoons cornstarch
Juice and grated rind of 1 lemon
Yolks of 3 eggs
Whites of 3 eggs
3 tablespoons sugar

Bake the pie crust first. Heat the milk; add next four ingredients as in making custard; pour this, boiling, upon the whites, beaten light and mixed with the three tablespoons of sugar. Pour into the crust and brown slightly in a hot oven.

RAISIN PIE

1 cup sugar
2 tablespoons flour
½ cup molasses
1 cup water
Juice and grated rind of 2 lemons
1 cup seeded raisins

Stir the flour into the sugar; then add the other ingredients in the order named. Bake between two crusts, slashing the upper one.

CRANBERRY TART

1½ cups cranberries
¾ cup sugar
½ cup water

Wash the cranberries and cook them with the sugar and water for ten minutes. Line a pie plate with paste; pour in the cranberries when they have cooled; moisten the edges and lay narrow strips of paste across the plate, forming diamond-shaped spaces. Add a rim of paste; press into flutings with the finger and bake in a hot oven.

CUSTARD PIE

2 eggs
3 tablespoons sugar
Pinch of salt
1½ cups milk
Grated nutmeg or cinnamon

Beat the eggs slightly; add the sugar, salt and milk. Line a pie plate with paste; strain in the mixture; sprinkle grated nut-

meg or cinnamon over the top and put in a quick oven. When the edge of the crust begins to brown reduce the heat and bake till the custard is just set.

COCOANUT CUSTARD

1½ cups milk	2 eggs
Sugar to taste	1 cup grated cocoanut

Boil the milk; sweeten to taste and cool. Beat the eggs separately and then together; add them to the cocoanut and combine with the milk. Bake in a crust like custard pie.

CHEESE CAKE

1 cup milk	1 tablespoon cornstarch
Pinch of salt	2 eggs
¾ cup sugar	1 cake cottage cheese

Scald the milk; add the sugar, salt and cornstarch dissolved in a little cold milk. Stir over hot water until the mixture thickens; then add the beaten eggs and last the cheese cake, mixed with a little extra milk. Line one pie plate or a number of small patty pans with paste; fill with the mixture and bake until the cheese custard is firm.

APPLE PIE

Pare, core and slice tart, juicy apples; cook them in as little water as possible; rub through a colander; add a piece of butter the size of an egg and sugar to taste; also half the peel of a grated lemon. Bake between two crusts, using half puff-paste or plain paste.

CHERRY PIE

Line a pie plate with half puff-paste and bake until delicately browned. Cook the cherries for several minutes in plenty of sugar, adding no water; pour them into the crust; cover with paste and bake in a quick oven.

BETHLEHEM APPLE TART

Pare, core and slice juicy tart apples. Line a pie plate with half puff-paste; put in layers of apples and sugar until the dish is very full; add a little water; drop small pieces of butter over the

HOW TO MAKE PASTRY

Mixing the Dough **Fluting the Crust** **Health Pie**

top and sprinkle with cinnamon. Do not cover with crust but bake in a quick oven until the apples are tender. If the crust bakes before they are tender cover with an inverted pie plate to hasten the cooking of the fruit.

PEACH PIE

Line a pie plate with half puff-paste and fill it with layers of sliced peaches thickly covered with sugar. Heap the peaches well in the middle; cover with crust and bake.

PEACH TART

Follow the recipe for Bethlehem Apple Tart.

MINCE-MEAT

1 pound suet	3 cups seeded raisins
2 pounds lean beef	1 cup currants
1 quart chopped apples	½ cup molasses
¼ cup candied orange peel	1 cup sugar
¼ cup candied lemon peel	1 teaspoon cinnamon
½ pound citron	½ teaspoon allspice
Juice and grated rind of 1 lemon	½ teaspoon cloves
Juice and grated rind of 1 orange	1 nutmeg, grated

2½ cups sweet cider

Let the meat simmer slowly in a covered kettle until tender; run through a meat chopper and mix with the suet, which has likewise been put through the chopper. Add the other ingredients in the order named, chopping the citron and orange and lemon peel before mixing. Put in a stone crock; cover and let stand several days to ripen. Bake in plain or half puff-paste and use puff-paste for the top crust.

WASHINGTON PIE

½ pound butter	1 glass sweet cider
½ pound sugar	Grated rind of ½ lemon
5 eggs	Little grated nutmeg
½ pound flour	Raspberry jam

Beat the butter and sugar to a cream; add the yolks of the eggs, then the flour alternately with the beaten whites; last add the cider, nutmeg and lemon. Bake in two layers; fill with raspberry jam half an inch thick and sift sugar over the top. Serve for dessert, cut like pie.

HEALTH PIE

A pie far more palatable and digestible than the ordinary American pie is made by using an earthen or porcelain baking dish and omitting the bottom crust. Fill the dish well with fruit and sugar; cover with paste and bake as usual.

FANCY SHORT CAKE

Puff-paste makes the finest short cake. Bake the crust in two rounds and arrange them in layers, buttering each and covering thickly with fruit, sugar and a little cinnamon if liked. Over the top layer of fruit spread whipped cream or a meringue made of the whites of two eggs and two tablespoons of granulated sugar. If the meringue is used, brown slightly in the oven. Serve cold with cream.

PLAIN SHORT CAKE

2 cups flour
½ teaspoon salt
3 teaspoons baking powder
3 tablespoons butter
About ⅔ cup milk

Sift the dry ingredients; rub in the butter; add milk to make a soft dough. Roll out a half inch thick and bake in a hot oven. When cold, cut open, butter and spread with fruit and meringue as directed under Fancy Short Cake.

Strawberries make the best short cake; but other berries and sliced peaches are also good. For recipe, see page 200.

SANDWICHES AND SAVORIES

There be land-witches and water-witches,
Pretty witches and ugly witches;
But no witches like sandwiches for a hungry man.

—*Fables of a Rolling Pin.*

SANDWICHES AND SAVORIES

FOR the automobile trip, for picnics, for school lunches, for the simple home luncheon, and for light refreshments of all kinds, the sandwich is in constant demand. Like the salad, it is capable of infinite variety, but there are certain combinations that are worth repeating many times, and these will offer suggestions for others.

MEAT SANDWICHES

An infinite variety of meat sandwiches can be made—beef, lamb, chicken, ham, tongue, etc. The meat may be sliced thin and placed between buttered bread or minced and mixed with mustard, catsup, Mayonnaise or cooked salad dressing.

MEAT FILLING FOR SANDWICHES

1 tablespoon butter
1 tablespoon flour
1 cup milk
Yolks of 2 eggs
½ teaspoon salt
½ teaspoon mustard
Dash of red pepper
1 tablespoon lemon juice
1 cup cold meat

Melt the butter in a double boiler; stir in the flour; add the milk gradually; then the eggs, well beaten, and the seasoning. Cook until thick, stirring constantly to prevent lumps. Remove from the fire; cool and beat in the lemon juice; then add the meat, finely chopped or ground.

BOHEMIAN SANDWICHES

Chop shrimps very fine and mix them to a paste with melted butter. Season with lemon juice, Worcestershire, salt and pepper. Spread between thin slices of toast.

ANCHOVY SANDWICHES

Pound tne anchovies to a paste and mix with an equal quantity of olives stoned and finely chopped.

FIG SANDWICHES

Remove the stems and chop the figs fine. Put in a double boiler with a little water and cook until a paste is formed. Add a few drops of lemon juice; set aside; when cool spread on thin slices of buttered bread.

DATE AND FIG SANDWICHES

Wash equal quantities of dates and figs; stone the dates; add blanched almonds in quantity about one fourth of the entire bulk; then run the whole mixture through a meat chopper. Moisten with orange juice and press tightly into baking powder tins. When ready to use, dip the box in hot water; turn out the mixture; slice and place between thin slices of buttered bread.

FRUIT SANDWICHES

Soak any kind or several kinds of dried fruit in water for two hours; drain and dry thoroughly; moisten with orange or lemon or a little grape juice, and spread on thin slices of buttered bread.

NUT SANDWICHES

Moisten chopped nuts of any kind with cream or Mayonnaise dressing; add a little salt and spread on slices of brown bread.

NUT AND RAISIN SANDWICHES

Take equal quantities of nuts and raisins; moisten with cream or grape juice and spread on thin slices of bread.

OLIVE SANDWICHES

Take either ripe or green olives; remove the seeds; mince and mix thoroughly with Mayonnaise dressing. Spread between slices of whole-wheat or graham bread.

LETTUCE AND CREAM-CHEESE SANDWICHES

Mix equal quantities of chopped lettuce and cream cheese; add salt and spread on thin slices of buttered bread.

LETTUCE AND WALNUT SANDWICHES

Mix chopped walnuts with Mayonnaise dressing and spread on thin slices of bread; lay a leaf of lettuce over each; then another slice of thin, unbuttered bread.

LETTUCE SANDWICHES

Pull the lettuce into small bits; mix thoroughly with Mayonnaise dressing and spread between layers of unbuttered bread. Do not make until near serving time or the lettuce will lose its crispness.

EGG SANDWICHES

Mix hard-boiled egg, finely chopped, with Mayonnaise dressing and spread on slices of buttered bread, preferably graham. Chopped olives may be added to the egg mixture if desired.

SURPRISE SANDWICHES

Take orange marmalade, pecan nuts and cream cheese in equal quantities and after mixing thoroughly spread on thin slices of buttered bread.

RIBBON SANDWICHES

Cut two slices of white bread and two of brown. Butter three and spread with a thick paste made of hard-boiled egg very finely chopped and mixed with Mayonnaise dressing. Build the slices up one above the other, alternating brown and white, and placing the unbuttered slice on top. Before serving, slice down as you would a layer cake.

SWEET SANDWICHES

Butter thin slices of bread and spread with any kind of fruit jelly, jam or marmalade. For variation mix the preserves with cream cheese. Currant jelly is especially good in this combination.

MOCK CRAB SANDWICHES

¼ cup grated cheese
¼ teaspoon salt
¼ teaspoon paprika
¼ teaspoon mustard
1 teaspoon anchovy paste
1 tablespoon chopped olives
1 teaspoon lemon juice
2 tablespoons butter

Mix the ingredients to a cream and spread between thin slices of graham or white bread.

EGG AND OLIVE SANDWICHES No. 1

4 hard-boiled eggs
2 tablespoons chopped olives
Salt and pepper
Olive oil and vinegar

Chop the egg and mix with the olives; season and moisten with olive oil and vinegar. Spread between thin slices of buttered bread.

EGG AND OLIVE SANDWICHES No. 2

Yolks of 3 hard-boiled eggs
4 chopped olives
1 tablespoon butter
Salt and paprika
1 teaspoon lemon juice
1 teaspoon anchovy essence
Buttered slices of bread

Mix the eggs, olives, butter and seasonings to a paste; spread between thin slices of bread, preferably round.

JAPAN SANDWICHES

Chop raw oysters fine; season with pepper, salt and horseradish. Spread a little on a thin slice of buttered bread; add a crisp lettuce leaf and a second slice of bread.

CAVIAR SANDWICHES

Remove the crusts from thin slices of bread; spread with caviar mixed with lemon juice; roll each slice and fasten with a toothpick or serve flat as usual.

SARDINE SANDWICHES

Skin and bone the sardines and mash to a paste. Season with lemon juice, cayenne pepper and salt, and spread between thin slices of bread.

CHEESE FILLING FOR SANDWICHES

2 tablespoons butter
2 tablespoons flour
1 cup milk
¼ teaspoon mustard
Salt and paprika
1 cup grated cheese

Melt the butter; stir in the flour; then add the milk gradually and let it cook until a thick paste is formed. Take from the fire; add the seasoning; work in the grated cheese and set away until needed. Except in very warm weather this will keep a week.

CLUB SANDWICH

2 slices bread
2 leaves lettuce
2 slices chicken breast
2 slices bacon
Mayonnaise dressing

Toast the bread to a delicate brown and fry the bacon crisp. On one slice of toast place lettuce leaves, covering them with Mayonnaise; then lay on the pieces of chicken and the bacon; cover again with Mayonnaise; put on the second slice of toast; press down and cut through the sandwich diagonally. Work as quickly as possible so that the toast and bacon may be hot when served.

COMBINATION SANDWICH

2 slices whole wheat bread
2 slices cold boiled ham
2 slices Swiss cheese
Butter

Butter the bread. On one slice lay the slices of cold ham; then lay on the cheese; then the other slice of bread and press down firmly. Cut across diagonally and serve.

CINNAMON TOAST

Toast thin slices of bread to a delicate brown; butter evenly and sprinkle with powdered sugar and cinnamon. Serve with afternoon tea.

EGG TOAST

1 egg
¼ teaspoon salt
1 cup milk
4 slices bread

Beat the egg thoroughly and add the salt and milk. Have the bread cut in thin slices; dip them in the milk, allowing each to absorb some. Brown in a buttered frying pan or on a griddle; butter and serve hot with sugar and cinnamon or with syrup.

CHEESE STRAWS

Roll out plain or puff-paste until one fourth of an inch thick. Spread one half with grated cheese; fold over and roll again. Repeat the process three or four times; then cut into strips and bake. Serve with soup or salad.

SALTED ALMONDS

Pour boiling water on the almonds; cool and remove the skins; dry thoroughly and brown in a hot oven using a half tablespoon of butter or olive oil (preferably the oil) to each cup of nuts. When brown, sprinkle well with salt and spread on paper to dry and cool.

A still easier way to prepare the nuts is to cook them over the fire, using a larger quantity of olive oil. As the oil can be saved and used again, this method is not necessarily extravagant.

SALTED PEANUTS

Shell and skin freshly roasted peanuts and proceed as in salting almonds.

Savories are small accompaniments of the meal, such as appetizers, relishes, canapés, small sandwiches, and other tasty dishes, made from anchovy, caviar, sardines, olives, cheese, etc.

CEREALS

There lay the secret of life in a tiny kernel of wheat—wrapped as deep in mystery as an Egyptian mummy.

—*Quaint Tales.*

CEREALS

THE cereal grains—wheat, corn, rice, oats, rye, barley—furnish the principal part of the world's food supply, being cultivated practically everywhere except in the Arctic regions. They provide about one-quarter of the food consumed by the average American family. The word *cereal* is derived from the name of the Roman goddess of grain—Ceres.

In the grain or seed kernels of tall grasses lie the living germs of the plant, surrounded by the food necessary for their growth. It is this food which supplies the world's table with breakfast foods and cereal foods of all kinds. The cereal grains are rich in starch, and supply an abundance of carbohydrate, or fuel-and-energy food. They contain also much protein, or muscle-forming food, and several per cent of fat (oils), in addition to mineral salts and vitamins.

With whole milk, cereals supply the elements of nutrition in the most desirable proportions, and make excellent breakfast foods. As with all starchy foods, thoroughness of cooking is a factor which has an important bearing upon digestibility. It is unfortunate that cereals are so often served for breakfast hurriedly prepared. They should, whenever possible, be cooked over night; and for this reason the use of the fireless cooker is to be especially recommended. The ready-cooked breakfast foods are not more digestible than any thoroughly cooked cereal, though usually higher in price. Where there is no fireless cooker, however, and where the saving of fuel is to be considered, they are not necessarily more expensive.

OATMEAL PORRIDGE

As oatmeal is ground in different grades of coarseness, the time for cooking varies and it is best to follow the directions given on the packages. The meal should be cooked until soft, but should

not be mushy. Cook in a double boiler the required time. Keep covered until done; then remove the cover and let the moisture escape.

OATMEAL WITH CHEESE

1 cup oatmeal
Water
1 teaspoon salt
1 tablespoon butter
1 cup grated cheese

Cook the oatmeal over night and just before serving add the butter and cheese. Stir until the cheese is melted and serve at once.

BAKED APPLE WITH OATMEAL

Pare and core the apples and fill the core space with left-over oatmeal mush. Put the apples in a baking dish; sprinkle with sugar; pour a little water into the bottom of the pan and bake in a moderate oven until the apples are tender. Serve warm with cream for breakfast or luncheon.

WHEAT CEREALS

Wheat cereals, like oatmeal, are best cooked by following the directions on the package. Most of them are greatly improved by the addition of a little milk or by a few chopped dates or whole sultana raisins.

CORN-MEAL MUSH

1 cup corn meal
1 cup cold water
1 teaspoon salt
1 pint boiling water

Mix together the corn meal and salt and add the cold water gradually, stirring until smooth. Pour this mixture into the boiling water and cook in a double boiler from three to five hours. Serve hot with cream and sugar.

FRIED MUSH

Pour hot corn meal into a square dish that has been rinsed in cold water. When the mush is cold cut it into slices one half inch thick; dust with flour and fry a delicate brown. Serve with syrup.

BOILED RICE

½ cup rice — 2 quarts water
1 tablespoon salt

Put the rice in a strainer; place the strainer over a bowl nearly full of cold water; rub the rice; lift the strainer from the bowl and change the water. Repeat the process until the water in the bowl is clear. Have the two quarts of water boiling briskly; add the rice and salt gradually so as not to check the ebullition; boil twenty minutes or until soft; drain through a colander and place the colander over boiling water for ten minutes to steam. Every grain will be distinct and tender.

If desired, the rice may be brought to a boil in a little milk instead of being steamed, though in this case the grains may not remain separate.

Serve as a vegetable with butter and salt, or as a cereal with cream and sugar.

RICE IN MILK

1½ cups hot milk — ½ cup rice
½ teaspoon salt

Clean the rice as for boiling in water; and cook with the milk and salt, adding a few seeded or sultana raisins if desired. Serve hot like boiled rice or press into small cups, cool and serve with cream and sugar.

FARINA

3 tablespoons farina — 1 pint boiling water
½ teaspoon salt

Cook the mixture in a double boiler for about one hour.

HOMINY

1 cup hominy — 2 tablespoons butter
2 quarts water — 1 teaspoon salt
2 tablespoons cream

Get the unbroken hominy and after careful washing soak it twenty-four hours in the water. Cook slowly in the same water in a covered vessel for eight hours or until all the water has been absorbed by the hominy; add the butter, salt and cream and serve as a vegetable or as a cereal with sugar and cream.

TO USE LEFT-OVER CEREALS

Cold cooked cereal **Peaches, apples or pears**

Chop the cold cooked cereal quite fine. Butter a deep pudding dish. Spread a layer of cereal on the bottom. Cover with sliced fruit. Sprinkle with sugar. Continue in this manner until dish is filled. Cover top with cracker crumbs, buttered. Bake until well browned. Serve with sweetened cream.

CANDY

'Tis an ill cook that cannot lick his own fingers.

—SHAKESPEARE.

CANDY

THE "sweet tooth" is increasing in size in America. Sugar is a valuable food; and pure candies, rightly used, are good for children. The best time to eat candy is toward the end of a meal. Its abuse is in much munching between meals, which destroys the appetite for more needed food.

FONDANT

2 cups granulated sugar **1 cup water**
¼ saltspoon cream of tartar

Put the ingredients in a copper or granite saucepan; stir until the sugar is dissolved, but no longer.* Boil until the mixture makes a very soft ball when dropped in cold water. After it has boiled a few minutes sugar will adhere to the sides of the kettle: this should be washed off as soon as it forms, with the hand first dipped in cold water. Pour the mixture slowly on a moist marble slab or large platter; let it cool until pressure with the finger leaves a dent on the surface. If stirred while too warm or if cooked too long it will granulate and must be recooked, adding more water. When it will dent work the mass with a wooden spoon or spatula, keeping the mass in the center as much as possible. Continue to stir until creamy; then work with the hands until perfectly smooth. Put in a bowl; cover with oiled paper to exclude the air and let stand for twenty-four hours.

Make into balls for cream chocolates and centers of walnut creams, date creams, etc., adding flavoring as desired. For cocoanut creams stir in grated or dried cocoanut.

QUICK FONDANT

White of 1 egg **Confectioners' sugar**
Flavoring

Beat the egg very stiff; stir in as much confectioners' sugar as the egg will hold; flavor and mold into small balls.

* A candy thermometer does away with much guesswork. Special directions are usually furnished with such conveniences.

CHOCOLATE CREAMS

Roll fondant into balls; dip them in melted chocolate and stand them to dry on waxed paper.

The necessary utensils are a wire fork and a very small double boiler. The chocolate when melted should come nearly to the top of the inner boiler. Melt the chocolate; cool to about 80° F.; drop a ball of fondant into the chocolate; with a fork push it below the surface; remove carefully with the fork.

CHOCOLATE CREAM MINTS

Melt fondant over hot water; flavor with oil of peppermint and drop from the tip of a spoon on waxed paper. When cool dip in melted chocolate as directed under the recipe for Chocolate Creams.

NOUGAT

White of 1 egg
2 tablespoons cold water
1 teaspoon vanilla
Confectioners' sugar
2 pounds chopped nuts

Beat the egg to a stiff froth; add the water and stir in enough sugar to make a stiff paste. Turn out on a molding board well dusted with confectioners' sugar, and work the nuts into the paste. Roll out to the thickness of one half inch; cut into strips a half inch wide and an inch and a half long and put on waxed paper to dry.

MOLASSES CANDY No. 1

½ cup molasses
1½ cups sugar
½ cup boiling water
1½ tablespoons vinegar
¼ teaspoon cream of tartar
¼ cup butter
Pinch of soda

Bring the molasses, sugar, water and vinegar to a boil and add the cream of tartar. Boil until a little of the mixture becomes brittle when dropped in cold water. When nearly done add butter and soda and stir constantly. Pour into buttered tins; mark off in squares and set aside to harden; or cool slightly and pull, buttering the hands first and adding a few drops of flavoring if desired. Pull until the candy is light; roll into sticks and set aside to cool.

MOLASSES CANDY No. 2

2 cups molasses
1 cup sugar
½ cup vinegar
Butter size of egg

Put the molasses, sugar and vinegar in a pan and boil until the mixture hardens when dropped into cold water. Pour into buttered pans; mark into squares and set aside to harden; or cool slightly: butter the hands and pull the candy until it is light.

CINNAMON CANDY

1 pound granulated sugar
1 cup water
1 teaspoon vinegar
12 drops oil of cinnamon

Boil the mixture until a little of it hardens when dropped in cold water; pour into shallow buttered tins and stand them in cold water, turning the edge of the candy until it cools. Add the oil of cinnamon; pull until white and put in a cool place to harden. When cold pack in an airtight vessel and leave over night.

BUTTER SCOTCH

1 cup sugar
1 cup molasses
½ cup butter
2 tablespoons vinegar
1 teaspoon soda

Boil all the ingredients together until the syrup will snap when tested in cold water. Pour into buttered tins and when nearly cold cut into small squares and wrap each in paraffin paper.

PINOCHE

3 cups light brown sugar
1 cup milk
½ cup butter
1 cup nut meats
1 teaspoon vanilla

Mix the sugar and milk over the fire; when hot add the butter; boil and stir until the mixture forms a soft ball when dropped in cold water. Add nuts and flavoring and beat until the sugar begins to granulate. Pour into buttered tins; mark in squares and set aside to cool.

PEANUT BRITTLE

1 quart roasted peanuts
1 pound granulated sugar

Shell the peanuts; remove the skins and roll them or run them through the meat chopper. Melt the sugar over the fire; add the

peanuts; mix and turn out on a greased marble slab or large greased tin. Roll quickly with an ordinary rolling pin that has been well greased; cut into squares and break apart.

PRALINES

2 cups powdered sugar
1 cup maple syrup
½ cup cream
2 cups nut meats

Boil the sugar, maple syrup and cream together until a little dropped in cold water will form a soft ball. Remove from fire; beat till creamy; add the nuts and drop by spoonfuls on buttered paper or tins.

CHOCOLATE FUDGE

1 cups granulated sugar
½ cup milk
Butter size of egg
2 ounces unsweetened chocolate
1 teaspoon vanilla

Boil the mixture until it will make a soft ball when dropped in water. Remove from the fire; beat until thick, adding the vanilla while beating. Pour into buttered pans; mark in squares and set aside to cool.

COCOA FUDGE

Make the same as chocolate fudge, substituting three tablespoons of cocoa for the two ounces of chocolate.

CHOCOLATE CARAMELS

1 pound sugar
6 tablespoons syrup molas
2 ounces chocolate
½ cup milk
Butter size of walnut
1 teaspoon vanilla

Boil together the sugar, molasses, chocolate and milk until the mixture hardens when dropped in cold water. When nearly done add the butter; flavor after the candy is taken from the fire.

COCOANUT BUTTER SCOTCH

½ cup shredded cocoanut
½ pound brown sugar
3 ounces butter
3 teaspoons water
1 teaspoon vanilla

Put the sugar, butter and water into a saucepan; boil for ten minutes, stirring only occasionally. Stir in the cocoanut; test by

dropping a spoonful in cold water. If the mixture hardens remove from fire; add flavoring; pour into buttered tins; mark off in squares and stand away to harden.

CREAM PEPPERMINTS

2 cups sugar
Pinch of cream of tartar
9 tablespoons water
10 drops oil of peppermint

Put the sugar, cream of tartar and water in a granite saucepan and stir until the sugar is dissolved. Boil ten minutes; remove from fire; add peppermint and beat until the mixture thickens; then drop from a spoon on buttered paper.

MEXICAN CARAMELS

2 cups granulated sugar
1 cup brown sugar
1½ cups milk or cream

Melt one cup of granulated sugar but do not let it brown; when a syrup add the milk or cream, then the remainder of the sugar, stirring constantly. Cook until it forms a solid ball when dropped in cold water. Pour out into a shallow pan, the bottom of which has been well greased with butter; mark off in squares and set aside to cool.

POP-CORN BALLS

Boil syrup molasses for twenty-five or thirty minutes; stir into it corn that has been carefully popped; pour out on buttered tins and with greased hands form into balls.

Puffed wheat and rice may be made into balls in the same way.

FRUITS GLACÉ

2 cups sugar
1 cup water
Washed fruit

Boil the sugar and water until the syrup becomes brittle when dropped in cold water. Dip the fruit in the syrup and set in a cool place.

NUTS GLACÉ

Follow the recipe for fruits glacé. Put each nut on a long pin; dip it carefully and lay on oiled paper.

CANDIED LEMON AND ORANGE PEEL

Lemon and orange peel if saved can be put to excellent use. Take out the greater portion of the white inside; throw the rinds into boiling water and simmer gently for twenty minutes. Drain, weigh and take a pound of sugar to every pound of peel. Put a layer of sugar and a layer of fruit into the preserving kettle; stand it over a slow fire until the sugar melts. When melted, cook slowly until the rinds are transparent. Lift them out; drain them and when nearly dry roll in granulated sugar.

MARSHMALLOWS

4 ounces pulverized gum arabic
1 cup cold water
1 cup pulverized sugar
Pinch of salt
Flavoring to taste

Soak the gum arabic in the water for two hours; put in a double boiler; bring slowly to the boiling point and when the gum is dissolved strain through coarse muslin. Return to the double boiler with the sugar and stir long and steadily until the mixture is stiff and white. Remove from the fire; beat hard for a minute; flavor to taste and beat for a minute more. Pour into tins well dusted with cornstarch, cut into squares and roll in cornstarch and sugar.

DIVINITY

6 tablespoons hot water
2 cups brown sugar
White of 1 egg
1 ounce walnut meats
1 ounce chopped raisins

Boil together the first **two** ingredients until a little of the mixture forms a soft ball when dropped into cold water. Beat the white of the eggs as stiff as possible; add walnuts and raisins and pour the syrup over the eggs, beating constantly. When the mixture will stand alone drop from a teaspoon upon paraffin paper.

ORANGE PASTE

4 level tablespoons gelatine
1⅓ cups water
2 cups granulated sugar
1 orange
1 lemon
Confectioners' sugar
Cornstarch

Soak the gelatine in half of the water; bring the sugar to a boil in the other half and combine the two. Boil slowly but steadily

for twenty minutes; add the grated rind of the orange and the juice of lemon and orange, making a half cup in all. Rinse a tin in cold water; pour in the mixture to the depth of one inch. When the paste is firmly set immerse the mold in warm water; turn out the paste; cut in cubes and roll in a mixture of confectioners' sugar and cornstarch.

The paste may be varied by using different fruit juices, flavoring and coloring.

KARO CANDY

½ cup cream
1 cup Karo syrup
1½ cups brown sugar
½ tablespoon butter
½ cup chopped walnuts

Boil together the cream, syrup and sugar. Test by dropping a little in cold water, and when almost done add the butter and walnuts. Remove from fire; beat until creamy; empty into a buttered pan; mark off in squares and set aside to cool.

COCOANUT CONES

2 tablespoons cornstarch
¼ cup sugar
1 cup shredded cocoanut
White of 1 egg

Mix the sugar and cornstarch together; add the cocoanut and the white of egg beaten to a stiff froth. Form into small cones and lay at equal distances on stiff paper or on a greased baking tin. Bake in a slow oven until firm.

HOARHOUND CANDY

Hoarhound
2 cups boiling water
2 pounds sugar
White of 1 egg

Pour the water on as much hoarhound as it will cover; steep it on a slow fire for several hours; then strain and put the same water on a fresh supply of hoarhound and steep as before. Add enough boiling water to make a full pint; strain and when cold add the beaten white of egg and the sugar. Boil it slowly until thick, removing the scum that rises. Test by dropping from a spoon into cold water: when it hardens quickly it is done. Pour into buttered tins; mark off in small squares and set aside to cool. When cold break it up and put it in glass jars.

WALNUT KISSES

1 cup brown sugar
½ cup granulated sugar
¼ cup cold water
White of 1 egg
Shelled walnuts

1. Boil sugars and water together until a few drops harden when dropped into cold water.
2. Beat white of egg stiff.
3. Pour the sugar very slowly upon the white of egg, beating all the time.
4. Butter a platter.
5. Drop by tablespoonfuls on the platter.
6. Put a half walnut on each little mound or "kiss."

—*The Mary Frances Cook Book.*

FRUIT

Doubtless, the Lord could have made a better berry than the strawberry; but doubtless he never did.

—Izaak Walton.

FRUIT

THE old saying, "an apple a day keeps the doctor away," had a better foundation than the people who originated its triteness realized, for only by very recent experimentation has it been found what an important place fruit has in the diet, not only for bulk or roughage, but for the mineral substances and vitamins so essential to health. The juices of lemons, oranges and grape fruit are particularly rich sources of vitamins.

So from those who advocate a diet of cereals, fruits, and nuts to those who enjoy three "square" meals a day, people are coming more and more to realize the importance of fruit in the daily meal. In general it may be said that fruits are wholesome, palatable, and attractive additions to the menu. Fresh fruits, of course, are largely composed of water; but dried fruits and many preserves are much more concentrated, comparing favorably with cereals and dried vegetable foods. Fruits contain carbohydrates, considerable mineral matter and acid, and when eaten raw do much to stimulate a sluggish digestion.

Several methods of preparing fruit for the table will be discussed in this chapter and others will be found in the chapters on "Appetizers," "Puddings and Desserts," "Salads," and "Canning and Preserving."

BAKED APPLES

Wash and core and if desired pare the apples. Place them in a shallow baking dish and fill the cavities with sugar, sugar and spice, sugar and seeded raisins, or sugar and chopped nuts. Sprinkle sugar and cinnamon over the apples; cover the bottom of the pan with water and bake about thirty minutes or until tender. Serve with cream or with lemon sauce.

APPLE SAUCE

See chapter on "Sauces."

FRIED APPLES

Cut slices a half inch thick across the apple, removing neither skin nor core; or cut the apples in quarters, removing both skin and core. Sauté them in butter or drippings until tender; serve with crisp bacon.

STEWED PEACHES

Pare and quarter the peaches, discarding the stones. Bring to the boiling point one cup of sugar and one cup of water; cook four minutes; add the peaches and cook until tender.

Pears, plums and apricots may be cooked in the same way, though the plums may require more sugar.

BAKED PEACHES

Plunge the peaches into boiling water to loosen the skins. Remove the skins; cut the peaches in half, discarding the stones, and lay them, cut side up, in a shallow baking dish. Fill the cavities with butter and sugar, a few drops of lemon juice and a sprinkling of cinnamon or nutmeg. Bake twenty minutes and serve on buttered toast or crackers.

BAKED PEARS

Wash the pears, and unless they are small quarter and core them. Place them in a deep pudding dish, well sprinkled with sugar. Add water sufficient to keep them from burning; cover and bake for two or three hours in a slow oven. If desired, a piece of stick cinnamon may be put in the pan with the pears; this will improve the flavor.

BAKED QUINCES

Wash, quarter, core and pare the quinces. Place them, cut side up, in a shallow baking dish, filling the cavities with sugar, mixed with a little grated lemon rind or lemon juice. Cover the bottom of the dish with water and bake in a moderate oven until soft, basting frequently. Serve hot with butter and sugar.

STEWED QUINCES

Wash the quinces, pare and core them and cut them into eighths. Cover with cold water and let them come slowly to a

boil, removing the scum that rises. When nearly soft add one cup of sugar for every pint of fruit and one cup of apples, pared and cut into eighths. Boil until both apples and quinces are tender.

STEWED RHUBARB

Select the strawberry rhubarb in preference to the white; wash it, and unless it is very old, do not peel it. Simply remove the ends and cut the stalk into small pieces. Pour boiling water on the rhubarb; drain and put it in a saucepan over the fire, covering it well with sugar and adding only enough water to keep it from burning. Cook until soft but not until the pieces have lost their identity. The quantity of sugar will have to be varied according to the age of the rhubarb.

STEWED BLACKBERRIES

Wash and stem the blackberries; add a little water and stew until tender. Just before they are done sweeten to taste.

Some cooks thicken the juice with a little cornstarch thinned in water. If this is done the blackberries must boil for an extra minute or two until the cornstarch is cooked.

STEWED RASPBERRIES

Follow the recipe for Stewed Blackberries.

STEWED CHERRIES

Select pie cherries, preferably the morello cherries; stone them or not as desired and follow the directions for Stewed Blackberries.

STEWED CRANBERRIES

See chapter on "Sauces."

DRIED FRUITS

To cook dried fruits thoroughly they should after careful washing be soaked over night. Next morning put them over the fire in the water in which they have been soaked; bring to a boil; then simmer slowly until the fruit is thoroughly cooked but not broken. Sweeten to taste. Very much less sugar will be needed than for fresh fruit.

If desired cook a little stick cinnamon or other spice with the fruit. Pears, which are apt to be insipid, are especially improved by this addition.

LEMON BUTTER No. 1

½ cup sugar
1 ounce butter
1 lemon
1 egg

Beat the butter and sugar to a cream and add the beaten egg; then add the lemon, juice and rind, and stir over hot water until the mixture thickens. Remove from fire and stir until cool.

LEMON BUTTER No. 2

½ cup sugar
½ tablespoon cornstarch
1 lemon
1 teaspoon butter
½ cup water
1 egg

Mix the sugar and cornstarch; add the juice and rind of the lemon and the butter; then add the water and cook over hot water until the cornstarch clarifies. Pour the mixture on the beaten egg; return to the fire and stir until it thickens.

A WELL-EQUIPPED KITCHEN

The kitchen cabinet, convenient sink and glass-top table facilitate work, and the sanitary wall-covering, which can be washed from floor to ceiling like ordinary oil-cloth, makes the room an unusally clean and attractive place.

CANNING AND PRESERVING

"We eat what we can; and what we can't, we can."

—The Punster.

CANNING AND PRESERVING

IT is said that modern canning was first thought of when a jar of perfectly preserved fruit was found embedded in a heap of lava among the ruins of Pompeii. Very evidently the heat of the molten lava, together with the exclusion of air, had kept the contents of the jar from "spoiling." So experiments were tried, and for many years it was thought that exclusion of air would "keep" food. But scientists have proved that floating about in the air there are billions of billions of micro-organisms known as yeasts, molds, and bacteria, which attack foods and cause fermentation or "spoiling." And it may be added, in passing, that not all such tiny organisms are destructive, but many are helpful, doing such things as making milk into cheese, changing cider to vinegar, and performing a multiplicity of other beneficial services for mankind.

The secret of successful canning and preserving lies in destroying the micro-organisms which "spoil" food. Yeasts and molds are killed at a temperature of 160° F. Bacteria are destroyed at 212° F., or the boiling point. If this temperature is maintained the proper length of time, they are rendered *sterile*, or incapable of growing or reproducing, or of throwing off spores which in turn will develop into bacteria. Spores are more difficult to kill than bacteria; therefore, if the heat does not penetrate the whole mass some parts may not be sterilized and will ferment.

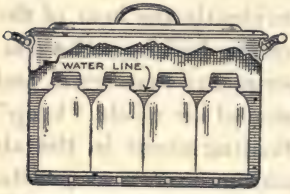
Methods.—There are two methods of sterilizing commonly used in home canning: the cold-pack; and the open-kettle, or hot-pack.

The cold-pack method is greatly to be preferred, because the food is packed in the containers before cooking, and is not touched again with spoons or other utensils. In the open-kettle method, the food is cooked before it is put into the jars, and there is

always danger of bacteria and spores being introduced on spoons and other utensils. The simplicity of the cold-pack method recommends it. Fruits are put in syrups. Vegetables require only salt for flavoring and water to fill the containers.

THE COLD-PACK METHOD

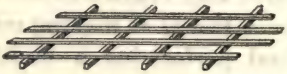
In the cold-pack process, after the jars are filled with the prepared food, they are placed in the apparatus to be used for sterilizing.



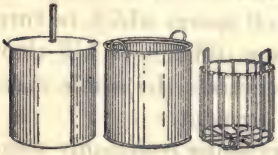
WASH-BOILER WITH RACK FOR JARS

People who do home canning may choose from among several types of apparatus, according to their needs and means.

1. *The Hot-Water-Bath Canner.*—A serviceable cold-pack canning outfit may be made of equipment found in almost any household. A wash-boiler, or any tight-covered utensil, which is deep enough to allow the water to reach to the tops of the jars when a false bottom is beneath them, may be used for sterilization. A wire or wooden rack, or a milk-carrier, makes a good false bottom, permitting the water to circulate underneath the jars. Several inexpensive canners of this type are on the market.


HOME-MADE RACK FOR WASH-BOILER

2. *The Water-Seal Canner.*—This is much more desirable than the above, as the period of sterilization is shorter and less fuel is required; and less water is needed, making lifting lighter. The water-seal canner consists of two containers, one fitting within the other, and a cover which extends into the space between the outer and inner container. The water-jacket thus formed makes it possible for the temperature within the container to be raised above 212° F., and since steam is hotter than boiling water, sterilization is more quickly accomplished. Such outfits are not expensive.


A WATER-SEAL OUTFIT

Steam-Pressure Canners.—Canning is very rapid when sterilization is done in steam maintained at a pressure. There are several canners of this type. Each has a pressure gauge and safety-valve;

and they carry from five to thirty pounds of steam-pressure. They are made of aluminum and of iron; and, when properly equipped, are very satisfactory either for canning or for general cooking.

Utensils.—It is important to plan so that whatever may be needed will be ready for use. For home canning, glass jars are more satisfactory than tin. All types of jars which seal readily may be used. Those having glass tops are much more satisfactory than those with screw caps. The new "Victory" jar is to be preferred to all others, having a wide mouth, glass top, and no curves.

Tests for Jars.—Jars should be tested before they are used. With glass top, fit cover to jar. If top rocks when tapped it should not be used on that jar. If the wire clamp is either too tight or too loose it should be taken off and bent until it goes into place with a light snap. All sharp edges on top and jar should be filed or scraped off. With *screw-top* jars, screw the top on lightly without the rubber. If thumb nail can be inserted between top and jar, the cover is defective. If the edge is only slightly uneven it can be bent so that it is usable. Put on the rubber, and screw top on tightly, and then pull the rubber out. If the rubber returns to place, the top does not fit properly, and should not be used on that jar.

Tests for Rubbers.—Buy new rubbers every year, as they deteriorate from one season to another. A good rubber will return to its original size when stretched. When pinched it does not crease. It should fit the neck of the jar snugly, and be fairly wide and thick. It is cheaper to discard a doubtful rubber than to lose a jar of canned goods.

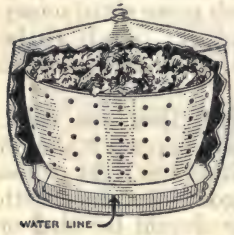
Preparation.—There are certain essentials for the successful canning of fruits or vegetables. These include clean, fresh materials, perfect containers, good rubber rings, heating for sufficient time to insure preservation, and air-tight sealing. These essentials must be secured in any method of canning.

Definitions of Terms.—The most important steps in the cold-pack method are: (1) blanching; (2) cold-dipping; (3) packing in clean containers, adding hot water or syrup at once, then immediately half sealing; and (4) processing in the sterilizer. Spoilage of food is nearly always due to carelessness in one of these steps.

1. *Blanching* consists in plunging the fruits or vegetables into boiling water, or exposing them to steam for a short time. This is necessary with all vegetables and some fruits. It insures

thorough cleansing, and removes objectionable odors and flavors and excess acids. It starts the flow of coloring matter; it reduces the bulk of greens, and causes shrinkage of fruits, increasing the quantity which may be packed in a container.

For blanching in boiling water, place the food in a wire basket or piece of cheesecloth. The blanching time varies from one to fifteen minutes, as shown in the time-table on page 323, and the products should be kept under water the whole period.



Blanching Greens in Steam

Spinach and other greens should not be blanched in hot water, but in steam to prevent the loss of the mineral salts, volatile oils, and other valuable substances. Place such vegetables in a colander and set this in a vessel which has a tightly fitting cover. In this vessel there should be an inch or two of water, but it should not touch the greens.

In canning berries and all soft fruits, blanching is dispensed with.

2. *Cold-dipping.*—When the blanching is complete remove the vegetables or fruits and plunge them once or twice into cold water—the colder the better. The cold dip hardens the pulp under the skin so that the products are not injured by peeling. It also sets the coloring matter. Do not allow the products to stand in cold water.

Always blanch and cold-dip only enough material to fill one or two jars at a time.

3. *Packing* into jars should immediately follow. Cover contents with boiling water or syrup (see page 321). As soon as the jar is filled, put the rubber and cap in place. With glass-top jars place the wire that clamps on the cover just up to the first glass elevation—not between the two glass elevations, as this might make too great pressure, causing the lid to break.

With Mason jars, screw top on with thumb and little finger which will not be strong enough to make it too tight.

4. *Processing* is the sterilization treatment. In using the hot-water-bath canner, count from the time the water begins to boil. The water should be hot when the jars are put in. With the water-seal canner, count when the thermometer reaches 214° F. There is a clever little device substituted for a thermometer on some water-seal outfits. It is a whistle which blows when the water is hot enough for beginning to count time. Special directions are supplied with steam pressure canners and aluminum pressure cookers.

A reliable alarm clock, set to ring at the end of the sterilization period, is a great convenience.

HOW TO PROCEED

Vegetables.—Prepare vegetables by blanching and cold dipping. Pack jars to within an inch of top. Add one level teaspoonful salt to each quart jar. Fill with boiling water. Process according to time-table for sterilizing.

Fruits.—With some exceptions, as shown in the time-table on page 323, fruits should be blanched before canning. When fruits are intended for table use, syrup should be poured over them to fill the jars. Consult time-table for length of time to sterilize.

Syrups.—Three grades of syrups are used in canning, according to the degree* of sweetness desired:

Thin.....1 part sugar to 4 parts water.
Medium.....1 part sugar to 2 parts water.
Thick.....1 part sugar to 1 part water.

Boil until all the sugar is dissolved.
Use thin syrup with sweet fruits.
Use medium syrup with sour fruits.
Thick syrup is used in preserving.

Summary

1. Prepare vegetables or fruits.
2. Blanch and cold-dip.
3. Pack in jars, using a wooden paddle to place pieces in position.
4. Fill jars with hot water or syrup.
5. Partly seal jars and place them in the sterilizer. If hot-water bath is used, have a hot bath deep enough to reach within an inch of covers. Count time from when water begins to boil.
6. Process according to time-table, page 323.
7. Remove jars as soon as time is up, and tighten covers. Do not further tighten covers of screw cap jars after the jars have become cold, as heat softens the rubber and makes it stick, forming a seal. Tightening the top after cooling may break the rubber seal, letting into the jar some germ-laden air. Occasionally the cover will cut off the outer edge of a rubber, but it will do no harm if the rubber is under the edge so that a seal may be formed.

* A saccharometer, or sugar gauge, does away with guess-work as to the density of syrups.

If for any reason a cover is removed, return the jar to the canner to be re-sterilized, for twenty to thirty minutes.

8. Set jars upside down to test for leakage. Cover with a towel, for a draft of air may cause sudden contraction which will break the glass.

9. Wash each jar, label and store away in a dry place, dark, if possible, to prevent change of color. Paper wrappings not only exclude light, but prevent mold which causes rubber to decay.

NOTE.—All jars should be washed thoroughly. If jars that have contained spoiled material are to be used, special care should be taken in cleansing them. Do not use the water in which they have been washed for washing other jars. Sterilize them and their covers by boiling* one hour, or "process" in a steam-pressure cooker from fifteen to thirty minutes. If the jars are of the metal screw-cap type, use new lids.

TIME-TABLE FOR BLANCHING AND STERILIZING

The following time-table shows blanching time for various vegetables and fruits, and also sterilizing time in the hot-water-bath canner, and in equipment for sterilization by the water-seal method, the steam-pressure method and the steam-cooker method.

The time given in this table is for quart jars. Add 30 minutes for two-quart jars and deduct 5 minutes for pint jars.

The time given is for fresh, sound and firm vegetables. Increase the time of sterilization by adding one-fifth for vegetables which have been gathered more than 24 hours.

The time given is for altitudes up to 1000 feet above sea level. For higher altitudes increase the time in hot-water bath 10 per cent for each additional 500 feet. For example, if the time is given as 120 minutes in the table and your location is 1500 feet above sea level, the time should be made 132 minutes.

Neither home-made nor commercial hot-water-bath outfits are entirely satisfactory, however, for canning at very high altitudes, as the temperature of water in them does not reach 212° F. In such localities water-seal and steam-pressure outfits are advisable, as they give higher temperatures.

At high altitudes the boiling point of water is below 212° F. At moderate elevations satisfactory results may be obtained in the use of the hot-water bath by increasing the time of sterilization 10 per cent.

* See "Open Kettle Method."

Vegetables.	Blanching.	Sterilizing.			
		Hot Water.	Water Seal.	Steam Pressure in Pounds.	
				5 to 10	10 to 15
	Minutes	*Minutes*	*Minutes*	*Minutes*	*Minutes*
Asparagus	10 to 15	120	90	60	40
Beets	5	90	80	60	40
Brussels sprouts	5 to 10	120	90	60	40
Cabbage	5 to 10	120	90	60	40
Cauliflower	3	60	40	30	20
Carrots	5	90	80	60	40
Corn	5 to 10	180	120	90	60
Greens	15	120	90	60	40
Lima Beans	5 to 10	180	120	60	40
Okra	5 to 10	120	90	60	40
Parsnips	5	90	80	60	40
Peppers, sweet or hot	5 to 10	120	90	60	40
Peas	5 to 10	180	120	60	40
Salsify	5	90	80	60	40
Sour-crout	.....	120	90	60	40
String beans	5 to 10	120	90	60	40
Tomatoes	To loosen skins	22	18	15	10
Fruits.					
Apples	1½	20	12	8	..
Apricots	1 to 2	16	12	10	..
Blackberries	none	16	12	10	..
Blueberries	none	16	12	10	..
Dewberries	none	16	12	10	..
Cherries, sweet	none	16	12	10	..
Cherries, sour	none	16	12	10	..
Currants	none	16	12	10	..
Gooseberries	1 to 2	16	12	10	..
Oranges	1 to 2	12	8	6	..
Pears	1½	20	12	8	..
Peaches	To loosen skins	16	12	10	..
Plums	none	16	12	10	..
Pineapples	3 to 5	30	15	10	..
Quinces	1½	20	12	8	..
Raspberries	none	16	12	10	..
Rhubarb	.....	20	15	15	..
Strawberries	none	16	12	10	..
Fruits without sugar	.....	30	20	12	..

OPEN-KETTLE METHOD

Canning in the preserving kettle is less satisfactory than by the cold-pack method; but is sometimes considered easier, especially for small fruits, and it must be used in making jams, marmalades, etc., because some evaporation is necessary to reduce the products to the right consistency. Cook the fruit according to the directions and see that all jars, covers and utensils are carefully sterilized.

To sterilize saucepans, spoons, jars, covers, straining bags, and

other articles, put them over the fire in cold water, heat gradually, and let boil for ten or fifteen minutes. The jars must be taken one at a time from the boiling water, and not until the moment each is to be filled. When ready to put the fruit in the jars, put a broad skimmer under one, lift it and drain off the water. Set it in a shallow pan of boiling water or wrap it well in a heavy towel wrung out of boiling water; fill to overflowing with the fruit and slip a silver-plated knife around the inside of the jar to make sure that fruit and juice are solidly packed. Wipe the rim of the jar; dip the rubber ring in boiling water, place it on the jar; cover and remove the jar, placing it upside-down on a board, well out of drafts until cool. Then tighten the covers, if screw covers are used; wipe the jars with a wet cloth, and stand on shelves in a cool, dark closet.

The success of canning depends upon absolute sterilization and not upon the amount of sugar or cooking. Any proportion of sugar may be used, or fruit may be canned without the addition of any sugar. Juicy fruits, such as berries and cherries, require little or no water.

GENERAL DIRECTIONS

Never use old rubbers or lids that are bent, and be sure that lids are boiled and rubbers dipped in boiling water one at a time just before using.

Fruit must be carefully picked and washed, and all stems removed, and only as much as can be cooked while it still retains its color and crispness should be prepared. If practicable pare the fruit with a silver knife. Peaches, plums, and tomatoes may be readily skinned after a three-minute plunge in boiling water. Where fruit like quinces and hard pears must be first boiled in clear water, the fruit should be dropped in cold water made slightly acid with lemon to keep the fruit from discoloring.

When fruit is preserved with a large amouut of sugar (a pound of sugar to a pound of fruit) it does not need to be sealed in air-tight jars; because bacteria do not readily form in the thick, sugary syrup. It is, however, best kept in small sealed jars, since molds are very likely to form.

Under no circumstances should preserving powders be used. In most cases they are injurious, and in any case are the resort of the cook who is too lazy to take the proper precautions.

Note.—In most of the following recipes for canning, directions

are given for the Open-Kettle Method; but in almost every case the canning may be better done by the Cold-Pack Method.

CANNED APPLE SAUCE

Cut tart apples into eighths, removing cores. Put them in the preserving kettle with one cup of water for each quart apples. Cover, and let cook gently until tender. Press through a colander to remove skins. Re-heat in the preserving kettle, allowing one-quarter cup sugar to each pint of apple sauce. Stir to prevent burning. Fill hot sterilized jars to overflowing and seal immediately. If desired, a pinch of cinnamon may be added with the sugar.

CANNED PEARS

Pears should be firm to retain their form after cooking. It is not necessary to pare them. Cut in halves; remove cores. Drop into cold water to prevent their turning dark in color. Weigh them. Put one-third their weight of sugar in the preserving kettle. Add one pint water to each pound sugar. Boil five minutes. Add the pears. Cook gently until skin is readily pierced with a straw splint. Pack into hot sterilized jars, filled to overflowing with the boiling syrup. Seal immediately. Do not attempt to cook many pears at one time, for those that are cooked too long crumble and lose their form. Many people add a few slices of lemon, or a piece of ginger root for additional flavor. Bartlett pears are best for canning.

CANNED RASPBERRIES

6 quarts berries **1 quart sugar**

Put one quart of the fruit in the preserving kettle; heat slowly, crushing with a wooden potato masher; strain and press through a fine sieve. Return the juice and pulp to the kettle; add the sugar; stir until dissolved; then add the remaining quarts of berries. Boil ten minutes, counting from the time they begin to boil. Skim well while boiling, and put into jars as directed.

CANNED BLACKBERRIES

Follow the recipe for raspberries.

RASPBERRIES AND CURRANTS

5 quarts raspberries 3 pints currants
5 cups sugar

Heat, crush and press the currants through a sieve as directed in the recipe for raspberries; add the sugar and when the syrup begins to boil add the raspberries. Proceed as with raspberries.

CANNED CURRANTS

6 quarts currants 2 quarts sugar

Follow the recipe for raspberries.

CANNED BLUEBERRIES

6 quarts berries 1 pint sugar
1 cup water

Put berries, sugar and water in the preserving kettle; bring to a boil slowly and cook for fifteen minutes.

CANNED CHERRIES

6 quarts cherries 3 pints sugar
½ pint water

Measure the cherries after the stems have been removed; stone them or not, as desired. Put the sugar and water in the preserving kettle and stir until the sugar is dissolved. Add the cherries; bring slowly to a boil and cook ten minutes.

CANNED GRAPES

6 quarts grapes 1 quart sugar
½ cup water

Squeeze the pulp out of the skins; cook for five minutes; rub through a sieve fine enough to retain the seeds; return to the preserving kettle with the water and skins; bring slowly to the boiling point, removing the scum. Cook for fifteen minutes.

CANNED RHUBARB

Wash the rhubarb thoroughly in pure water; cut it into pieces and pack it in sterilized jars. Cover with cold water; let it stand ten minutes; pour off the water; fill again to overflowing with fresh cold water; seal with sterilized rubber rings and covers, and set away in a cool, dark place.

CANNED GOOSEBERRIES

6 quarts berries 3 pints sugar
1 pint water

Dissolve the sugar in the water, using three pints of sugar if the gooseberries are green and only half the quantity if they are ripe. Add the fruit and cook fifteen minutes.

Green gooseberries may also be canned like rhubarb without sugar and sweetened when used.

CANNED PLUMS

4 quarts plums 1 quart sugar
1 cup water

Wash, drain and prick the plums. Make a syrup of the sugar and water; put part of the fruit in the boiling syrup; cook five minutes; fill and seal the jars. Put more fruit in the syrup; remove and continue the process until all the fruit has been cooked.

CANNED PEACHES

8 quarts peaches 1 quart sugar
3 quarts water

Make a syrup of the sugar and water; bring to a boil; skim it and draw the kettle aside where the syrup will keep hot but not boil.

Pare the peaches, cutting them in half or not as desired. If in half leave one or two whole peaches for every jar, as the kernel improves the flavor. Put a layer of fruit in the kettle; when it begins to boil skim carefully; boil gently for ten minutes; put in jars and seal. Then cook more of the fruit in similar fashion. If the fruit is not fully ripe it may require a longer time to cook.

CANNED PEARS

Follow the recipe for canning peaches. See also recipe, page 325.

CANNED CRAB APPLES

3 quarts apples 3 cups sugar
1 quart water

Boil the syrup and skim it; add the fruit and cook gently until tender. It will take from twenty to fifty minutes, according to the kind of apple.

CANNED QUINCES

2 quarts quinces 3 cups sugar
1 quart water

Wash and drain the quinces; pare, quarter and core them and drop the pieces into cold water to which a little lemon juice has been added. Put the fruit over the fire with cold water to cover it; heat slowly and simmer gently until the fruit is tender. With a silver fork remove each piece as soon as it is tender and drain them on a platter. Strain the water in which the fruit was cooked; put one quart of it in the kettle with the sugar; bring to a boil and skim. Add the cooked fruit and boil gently for about twenty minutes.

CANNED PINEAPPLE

Select ripe fruit; pare and remove the eyes; slice them in half-inch slices and cut each slice into quarters. Fill the jars with fruit, within an inch of the top. Make a syrup of sugar and water in the proportion of a cup of sugar to a pint of water; fill the jars with this up to the top and process by the cold-pack method. See time-table for length of period of sterilization.

CANNING VEGETABLES

In canning vegetables the same precautions must be observed as in canning fruit and it is safer to use jars that have either glass tops, or tops without porcelain lining. Corn should be pressed or cut from the cob and packed at once into jars, and, in order to insure its keeping, the cold-pack method should be followed. See directions on page 318.

Peas may be packed in the same way as corn, but each jar must be filled with water; string beans require a shorter period of

cooking, but the jar manipulation is the same. See time-table, page 323. Add a teaspoon of salt to each jar of vegetables.

CANNED TOMATOES

Wash the tomatoes and plunge them in boiling water for about five minutes. Pare and cut them into small pieces; put them in the preserving kettle over the fire and heat slowly, stirring frequently to prevent their sticking, and removing the scum that rises. Boil for thirty minutes, counting from the time the whole mass begins to boil. Put in sterilized jars and seal. If canning by the cold-pack method, blanch, cold dip, and peel tomatoes; pack the best into the jars. Put the imperfect and broken pieces in the preserving kettle. Boil ten minutes. Strain, and pour over the tomatoes packed in the jars. Add one teaspoon salt to each jar. Process in sterilizer according to time-table.

CANNED MUSHROOMS

Wash the mushrooms carefully, but do not peel them. Pack them closely in glass jars; adjust the rubbers, and lay the lids on loosely. Stand the jars in the sterilizer. Cover. If hot-water-bath canner is used, bring the water to the boiling point and boil one hour and a half. If water-seal canner is used, boil one hour. If steam-pressure canner is used, boil thirty minutes. By this time, the mushrooms will have wilted down; so fill two jars by means of a third. Fill the jars to overflowing with boiling water. Return to sterilizer and process one-half hour.

PRESERVING FRUIT

Some fruits, such as strawberries, sour cherries, sour plums, etc., are better preserved with a large amount of sugar than simply canned. They are richer, however, and cannot be eaten in such abundance as canned fruits. The object in making preserves is to have the fruit permeated with a syrup sufficiently dense to prevent the entrance of bacteria. The cooking should be done slowly, below the boiling point, until both fruit and the surrounding syrup are clear and transparent.

A thick coating of paraffin makes a good cover. Melt the paraffin and pour it hot over the cold preserves. Allow the paraffin to become cold before covering the glasses with the lids. Wipe the outside of the glasses, label, and store in a cool, dry place.

ORANGE MARMALADE

1 dozen oranges
½ dozen lemons
Sugar and water

Select fruit that is firm and not too ripe. Omit the lemons if preferred. With a sharp knife slice the fruit very thin, throwing away the ends and removing the seeds. Weigh, and to each pound of fruit add two pints of cold water. Let this stand over night; then boil the fruit in the same water until it is tender. Remove from the fire; weigh again; and to each pound of fruit and liquid add one pound of sugar. Boil until the fruit is transparent and the juice a rich syrup.

SPICED CURRANTS

5 pounds currants
4 pounds brown sugar
2 tablespoons cinnamon
2 tablespoons cloves
1 pint vinegar

Wash the currants and remove the stems. Place them with the other ingredients in a preserving kettle and boil gently for two hours. This makes five pint cans.

PRESERVED YELLOW TOMATOES

4 pounds small yellow tomatoes
3 pounds sugar
½ cup boiling water
Juice and rind of 1 lemon

Wash and dry the tomatoes and prick each one in five or six places. Stir the sugar in the water until dissolved; add the tomatoes and cook until clear. When half done add the lemon juice and the rind sliced very thin. When the fruit is clear, remove it with a skimmer; put in small jars, filling them two-thirds full. Boil the syrup fast for a few minutes longer or until thick and syrupy; fill up the jars; cover with a cloth until the next day; then cover closely and stand away in a cool place.

RAISIN COMPOTE

3 navel oranges
1½ pounds seeded raisins
3 pints currants
3 cups cold water
3 cups sugar

Prepare the oranges as for marmalade and let them soak over night in the water. In the morning pick and wash the currants

and add them with the washed raisins and sugar to the oranges; boil hard for about two hours and put in glass jars, closing them while hot. Serve with meat.

SPICED PEARS

4 pounds fruit
3 pounds sugar
1 pint vinegar
½ ounce whole allspice
½ ounce whole cloves
½ stick cinnamon

Tie the spices in a small cheesecloth bag; boil ten minutes with the vinegar and sugar. Skim, add fruit and cook until tender. Remove the fruit; boil down the sugar and vinegar until syrupy; pour over the fruit in jars and seal.

Peaches, grapes, plums, cantaloup, quinces, watermelon rind and cucumbers may be prepared in the same way.

PICKLED CHERRIES

1 pound sugar
1 pint vinegar

Remove all specked cherries. Wash and stem. Bring vinegar to the boiling point, add the sugar, stir until dissolved. The cherries may be thrown into the boiling liquid, simmered three minutes, and put into sterilized jar; but the cold-pack method is much better. Use the vinegar syrup in place of plain syrup as directed. Process five minutes.

The morello cherries are most satisfactory for pickling, and can be used in many places instead of maraschino cherries for decorating and flavoring.

CITRON PRESERVE

6 pounds citron rind
6 pounds sugar
1½ quarts water
4 lemons
¼ pound ginger root

Peel and cut the rind into pieces of uniform size, rejecting all the seeds. Tie the ginger root in a piece of muslin so that it can be readily removed. Put the sugar, water, lemon juice and ginger in a kettle; stir until the sugar is dissolved and the syrup clear. Remove any scum that rises and take out the bag of ginger. Add the citron and cook until it is clear but not soft enough to fall apart. Pour into sterilized jars and seal while hot.

The ginger may be omitted if the flavor of ginger is not liked.

APPLE BUTTER

5 quarts apple pulp
10 quarts new sweet cider
Brown sugar
1 teaspoon ground cloves
1 teaspoon ground allspice
1 teaspoon ground cinnamon

The apples should be tart and the cider not more than two days old. Boil the cider down one half before measuring; put the pared and cored apples through a fruit press; measure them and add to the cider. Cook slowly, stirring frequently, and when the butter begins to thicken sweeten to taste with brown sugar. Continue cooking until of the consistency of soft jam; pack while hot in sterilized jars or glasses and keep in a cool place.

PEACH BUTTER

4 pounds peaches
2 pounds sugar

Select ripe peaches and peel and stone them before weighing. Cut them in pieces and put them through a fruit press. Put over the fire in a porcelain kettle and cook slowly until of the consistency of marmalade, stirring occasionally to prevent sticking. Add the sugar; stir until dissolved; cook rapidly for fifteen minutes, then place the kettle on the back part of the stove and keep warm until the butter is of the desired consistency. Pack in jars or tumblers.

TUTTI-FRUTTI

Preserve the various fruits as they come in season, following the recipe for Preserved Strawberries on page 372, and sealing in separate jars. When the desired number of fruits have been preserved, empty all into the preserving kettle; mix well; bring to a boil and when cool put into glass jars or tumblers. Pineapple, cherries, peaches, apricots, white grapes and the berries are the best fruits to use.

JELLY-MAKING

To be successful in jelly-making it is necessary to understand a few of the simple underlying principles. The making of jelly is possible through the presence in the fruit of pectin, a carbohydrate, somewhat similar in its properties to starch. This element exists in largest quantities in the following fruits: currant, apple, quince, grape, blackberry and raspberry; so that these fruits are preferred for jelly-making. Moreover, the pec-

tin is at its best when the fruit is just ripe or a little under-ripe. Last, it must be remembered that if the juice ferments or if the cooking of the jelly is continued too long, the pectin undergoes a change and loses its power of gelatinizing.

After insuring the presence of the pectin, the matter of next importance is to add the right quantity of sugar. The rule is to measure the juice and add an equal amount of sugar; but the rule must be followed with discretion. If the fruit contains an unusual percentage of sugar, less sugar should be added; if it is less sweet than usual, more should be added to make up the deficiency. The sugar will dissolve more quickly if first heated in a moderate oven, and will then in no way interfere with the cooking.

Jelly should be put into glasses that have been thoroughly sterilized and covered according to the directions given under "Preserving Fruit." It should, however, stand twenty-four hours before being covered. If possible lay a sheet of glass over the tumblers and stand them in a sunny window.

APPLE JELLY

Wash the apples; remove stem and blossom ends and cut into quarters. Put them in a preserving kettle, adding enough cold water to come nearly to the top of the apples. Cover and cook gently until the apples are soft and clear. Mash the apples and drain them through a sieve in which two thicknesses of cheese-cloth have been laid or through a jelly bag. Avoid squeezing the bag or the jelly will be clouded. Boil twenty minutes and add the heated sugar, allowing two cups or one pound to every pint of juice. Boil five minutes; skim, and test by putting a teaspoon of juice in a cool saucer. If it jellies at once, remove from the fire and pour into sterilized glasses.

QUINCE JELLY

Follow the recipe for Apple Jelly, using part apples if desired, and saving the better parts of the fruit for canning.

MINT JELLY

Follow the recipe for Apple Jelly, adding oil of peppermint to flavor.

CURRANT JELLY

Wash and pick the currants, but do not remove the stems. Put them in the preserving kettle, crushing a few in the bottom first; heat slowly, stirring frequently. When the currants are hot, mash them with a potato masher and let them drip the same as the apples for apple jelly. After this put the cloth or bag over another dish and press out as much juice as possible, using this for a second quality of jelly. Return the clear juice to the kettle, adding a pint of granulated sugar to every pint of juice. Stir until the sugar is dissolved; place over the fire; bring to a boil; set aside and skim. Repeat this process three times; test by a few drops on a cool saucer; if it jellies remove from fire and pour it into sterilized glasses.

RASPBERRY AND CURRANT JELLY

Follow the recipe for Currant Jelly, using half raspberries and half currants.

RASPBERRY JELLY

Follow the recipe for Currant Jelly.

BLACKBERRY JELLY

Follow the recipe for Currant Jelly.

STRAWBERRY JELLY

To five quarts of strawberries add one quart of currants and proceed as with Currant Jelly; but boil fifteen minutes.

GREEN-GRAPE JELLY

Follow the recipe for Apple Jelly.

RIPE-GRAPE JELLY

Choose acid grapes, as the sweet, ripe grapes contain too much sugar. Follow the recipe for Currant Jelly.

PLUM JELLY

Use one pint of water to four quarts of fruit. Cook gently until the plums fall to pieces; strain, and proceed as with currant jelly.

PICKLES

For first course, he ate six dozen pickles—and in a trice everything on the table had disappeared!

—Jack the Giant Killer.

PICKLES

THE sharp, spicy flavors of pickles, catsups, and sauces often whet the appetite and render many cold dishes, especially cold meats, more acceptable to the palate.

MIXED PICKLE

1 quart large cucumbers cut in cubes
1 quart small cucumbers left whole
1 quart small silver-skinned onions
1 quart green tomatoes chopped coarse
2 red sweet peppers chopped fine
1 large cauliflower broken in small pieces

Wash the vegetables and pour over them a weak brine solution made of a quart of water and a cup of salt. Let stand twenty-four hours; bring to a boil in same solution; drain and make the dressing.

MIXED-PICKLE DRESSING

6 tablespoons mustard
1 tablespoon turmeric
1 cup flour
2 cups sugar
2 quarts vinegar

Mix the ingredients thoroughly and cook until thick. Stir in the pickles; heat thoroughly; empty into glass jars and stand away until needed.

GREEN TOMATO SAUCE

4 quarts green tomatoes
½ small onion
1 pint vinegar
1 tablespoon sugar
1 tablespoon salt
1 tablespoon mustard
1 tablespoon black pepper
1 tablespoon whole allspice and cloves

Wash the tomatoes; remove the stem and blossom ends; slice them without peeling and put them to soak in salt and water over night. In the morning drain them; add the other ingredients and stew until tender. Keep in glass jars.

CHILI SAUCE

4 quarts ripe tomatoes
½ pound brown sugar
½ cup salt
½ ounce cloves
½ ounce cinnamon
½ teaspoon mustard
3 cups vinegar
2 cups small onions
2 tablespoons horseradish
½ ounce celery seed
½ ounce allspice
½ teaspoon black pepper
½ red pepper

Measure the tomatoes after they are peeled and chopped; put them over the fire and simmer for one hour. Chop the onions; grate the horseradish and grind the spices. Add all the other ingredients to the tomatoes; simmer for one hour longer and seal while hot in large-necked bottles that have been thoroughly sterilized.

PICKLED PEPPERS

Cut the stems out in a round circle with a sharp knife and lay them aside to replace later. Fill the peppers with a mixture of finely chopped cabbage, grated horseradish, mustard seed and salt. Wash the peppers in cold water; fill them; replace the stem; tie them with a soft cord to keep the lids in; pack them in stone jars and fill up with cold sharp vinegar. They will be ready for use in two weeks.

PICKLED TOMATOES

4 quarts tomatoes
8 blades mace
1 teaspoon whole cloves
1 teaspoon allspice
2 small red peppers sliced
Cider vinegar

Choose the small pear-shaped or cherry tomatoes; wash and dry them; put them in glass jars that can be made air-tight. Fill the jars three fourths full; add the spices and peppers and fill to the top with cold vinegar. Set in a cool dark place. This pickle will be ready in three weeks' time.

TOMATO CATSUP

8 quarts tomatoes
½ quart cider vinegar
¼ cup salt
¼ teaspoon red pepper
½ tablespoon black pepper
1 head garlic or ½ onion
½ ounce whole cloves

Cut the tomatoes in pieces and stew them until soft; press through a sieve to remove the skins and seeds; add the other ingredients; mix thoroughly and boil about three hours or until reduced one half. Bottle without straining and seal.

PICKLED CUCUMBERS

100 small cucumbers
1 pint salt
Alum size of a nutmeg
Boiling water
1 tablespoon mustard seed
1 tablespoon whole allspice
1 root horseradish
2 small red peppers
Boiling vinegar

Wash and dry the pickles and put them in a large stone jar; add salt and alum and cover well with boiling water. Cover the jar tightly and let stand for twenty-four hours; remove the cucumbers; dry them and place them in another jar in layers alternately with the spices and grated horseradish. Have the jar about two thirds full of cucumbers and pour over them sufficient boiling vinegar to fill the jar. When cold, cover closely and stand away.

MUSHROOM CATSUP

1 pint mushroom liquor
½ ounce peppercorns
¼ ounce allspice
¼ ounce green ginger root
¼ ounce cloves
1 blade mace
Salt

Wash and look over the mushrooms carefully; put them in an earthen jar with alternate layers of salt. Let stand for twenty-four hours in a comparatively warm place; put through a fruit press and add the ginger root cut into small pieces. Measure the liquor; add peppercorns and simmer for forty minutes; then add the spices and boil for fifteen minutes. Take from the fire and cool. Strain through a cloth; bottle and seal.

GRAPE CATSUP

5 pounds ripe grapes
2 cups vinegar
5 cups sugar
1 teaspoon each ground cinnamon, cloves, allspice, pepper, salt

Put stemmed grapes into the preserving kettle with just enough water to prevent burning. Boil to a pulp. Strain, and add other ingredients. Boil until rather thick. Bottle, cork, and seal.

PICKLED NASTURTIUM SEEDS

1 cup vinegar
3 peppercorns
1 tablespoon salt
Nasturtium seeds

Pour the vinegar into a large mouth pint bottle. Add the salt and peppercorns. Gather the nasturtium seeds on a dry day, and wipe them clean with a damp cloth. Add them to the vinegar. If there are not enough to fill the bottle, it will do no harm to add to them from day to day. When full, seal the tops by dipping them into melted sealing wax or paraffin. They will be ready for use in a few months. Serve in sauce with lamb or mutton.

BEVERAGES

Strong tea and scandal—
bless me, how refreshing!
—Sheridan's School for Scandal.

BEVERAGES

COFFEE, tea, and cocoa are stimulants affecting the circulation and nerves. Taken in moderation, they cheer and do not harm the healthy person if rightly prepared; but tea and coffee can be so treated as to draw out their caffein, theine, and tannic acid to such a degree as to render them exceedingly harmful. For persons who find their use unfavorable, there are substitutes on the market, made of roasted and toasted cereals.

COFFEE

5 tablespoons ground coffee	4 cups boiling water
White of 1 egg (or less)	1 cup cold water

Use an aluminum or granite-ware pot and always make the coffee fresh, scalding the pot each time before using.

Wash the egg; break and beat slightly. Add half the cold water; mix some with the coffee; put in the pot and add the boiling water. Bring to the boiling point; add the remainder of the cold water to hasten the grounds in settling. Stand the pot where it will keep hot but not boil for five minutes; then serve at once, as coffee allowed to stand becomes flat and loses its aroma.

The egg is not necessary; but most cooks use a clean shell or a little of the white of an egg. Others beat the whole egg with a little water, but use only a portion of it, keeping the rest for further use in a covered glass in the ice chest.

INSTANTANEOUS COFFEE

6 tablespoons pulverized coffee	6 cups boiling water

A variety of pots are on the market for making instantaneous coffee, all containing a strainer to hold the coffee, which must be pulverized, not simply ground. Put the coffee in the strainer; scald out the pot; adjust the strainer and set the pot where the coffee will keep hot but not boil. Pour on freshly boiled water slowly, covering between additions. When filtered pour off one cup and let it run again through the strainer. Serve at once.

SERVING COFFEE

Cream is usually served with coffee, but scalded milk renders the coffee more digestible than does cream. Fill the cup one fourth full of hot scalded milk; pour on the freshly-made coffee, adding sugar if desired.

Whether cream or milk is used, it is better to pour the coffee on the cream or milk.

After-dinner coffee should be made very strong and served black.

COFFEE IN BULK

1 pound ground coffee **9 quarts water**
1 egg

Mix the coffee with the egg that has been thinned by a little water, and tie it into four muslin bags. Let these soak in the water for three or four hours; bring to a boil and serve.

This amount will serve fifty persons.

TEA

2 teaspoons tea **4 cups boiling water**

Use an earthen or china teapot and have water freshly boiled. Scald out the teapot; put in the tea and pour on the boiling water. Let stand in a warm place for five minutes; pour off and serve.

Never let the tea boil; never let it stand a long time on the leaves; and never make more by adding fresh leaves to the old.

RUSSIAN TEA

Make the tea as usual. Serve with thin slices of lemon from which the seeds have been removed.

TEA PUNCH

1 quart tea **Juice of 6 lemons**
1 pound sugar **Juice of 2 oranges**
1 lemon sliced

Make the tea as usual; add sugar and fruit juices, cracked ice and more water as desired. Serve in a punch bowl with thin slices of lemon floating on the top.

ICED TEA

Make tea as usual; pour it off the leaves; sweeten to taste, and when cool stand in the refrigerator until serving time. Have the glasses filled with cracked ice and have thin slices of lemon cut to serve with the tea.

HOT CHOCOLATE

2 ounces unsweetened chocolate
3 tablespoons sugar
Small piece stick cinnamon
1 cup boiling water
3 cups hot milk
1 teaspoon vanilla

Scrape the chocolate very fine; add the sugar, cinnamon and water; stir over the fire until the mixture is smooth; then add the milk. Return to the fire for a minute; remove; add the vanilla; beat well; pour into a chocolate pot and serve plain or with whipped cream.

COCOA

4 teaspoons cocoa
4 teaspoons sugar
Little cold milk
4 cups hot milk

Mix the cocoa and sugar, and stir together with a little cold milk until smooth. Stir this mixture into the hot milk; boil two minutes and serve.

CHOCOLATE SYRUP

2 cups sugar
2 cups water
1 cup cocoa
½ teaspoon salt

Dissolve the sugar in one cup of water and boil five minutes. Mix the cocoa with the other cup of water and add to the boiling syrup. Boil slowly for ten minutes; add salt; cool and bottle for future use.

This syrup will keep a long time in the ice chest in summer and may be used for making delicious drinks.

CHOCOLATE NECTAR

Put into a glass two tablespoons of chocolate syrup, a little cream or milk and chopped ice, and fill up the glass with soda water, Apollinaris, or milk. Drop a little whipped cream on the top.

FRUIT DRINKS

The success of lemon-, orange- and pineapple-ade depends in large degree upon the way they are made. It is best to make a syrup as for sherbets, using one cup of granulated sugar to one cup of water. Put the sugar in cold water over the fire; stir until the sugar is dissolved; then cook until the syrup spins a fine thread. Take from the fire and add the fruit juices while the syrup is hot. If lemonade is desired, lemon should predominate, but orange or pineapple juice or both should be added to yield the best result. Small pieces of fresh pineapple, fresh strawberries and maraschino cherries added at time of serving will make the drink look pretty and will improve the flavor. Shaved or very finely cracked ice should be used.

QUICK LEMONADE

2 lemons
4 tablespoons sugar
1 quart water
Cracked ice

Wash the lemons and squeeze the juice; mix thoroughly with the sugar, and when the sugar is dissolved add the water and ice, and a little fresh fruit or slices of lemon if convenient.

EGG LEMONADE

2 lemons
2 eggs
4 tablespoons sugar
3 cups water
1 cup cracked ice

Break the eggs and beat the whites and yolks separately. Mix the lemons, sugar, water and ice as for lemonade; add the eggs; pour rapidly back and forth from one pitcher to another and serve before the froth disappears.

GRAPE JUICE

10 pounds grapes
2 pounds sugar
1 quart water

Wash and stem the grapes; put them in a preserving kettle and crush slightly. Bring to a boil and cook gently for half an hour. Strain though cheesecloth or jelly bag, pressing out all the juice possible; return to the fire with the sugar; cook for fifteen minutes; strain again; reheat and pour into sterilized bottles, thoroughly heated. Put in sterilized corks and dip the neck of the bottle in hot sealing wax.

OTHER FRUIT JUICES

Raspberry, blackberry and strawberry juice may be made by following the recipe for grape juice but doubling the quantity of sugar. For currant juice use four times as much sugar as for grape juice.

FRUIT SYRUPS

Fruit syrups may be made like fruit juices, only using more sugar—at least half as much sugar as fruit juice.

RASPBERRY VINEGAR

4 quarts raspberries
1 quart vinegar
Sugar

Put two quarts of raspberries in a bowl and cover them with the vinegar; cover and stand in a cool place for two days. Mash the berries; strain the vinegar through cheesecloth; pour it over two quarts of fresh raspberries; let stand for another two days; strain and put in a preserving kettle with sugar, allowing a pound of sugar to a pint of juice. Heat slowly, skimming when the vinegar begins to boil. Boil twenty minutes and put in sterilized bottles. Serve as a drink, using two tablespoons to a glass of water.

FRUIT PUNCH

1 cup sugar
1 cup hot tea
1 cup orange juice
1 cup lemon juice
1 quart Apollinaris
1 cup pickled cherries
1 orange sliced

Pour the hot tea on the sugar and when the latter is dissolved add the other ingredients. Serve in a punch bowl with a large block of ice.

Substitute pineapple or strawberry juice for the tea if preferred.

FRUIT PUNCH ACCOMPANIMENTS

Meringues
Cookies
Jumbles
Fancy sandwiches
Kisses
Little sponge cakes
Vanilla wafers
Salted nuts
Mint candy

FIVE O'CLOCK PUNCH

(For large party)

4 cups sugar
1 pint cold water
4 lemons
1 pineapple
1 pint boiling water
6 oranges
3 bananas
½ cup Maraschino cherries
1 pint grape juice

Pour the boiling water on the sugar, and let stand and cool while preparing the fruit. Slice two oranges and two lemons and cut into small pieces. Place in the punch bowl with the cold water and a block of the ice. Add the pineapple and bananas, sliced. Add the juice of the remaining oranges and lemons; then the sugar and water. Just before serving, add the grape juice and cherries. If desired, a pint of ginger ale or Apollinaris may be added in place of the cold water.

INVALID COOKERY

The cook, not the physic, saved my life.

—*Quaint Tales*

INVALID COOKERY

THE proper feeding of an invalid plays an inestimable part in his recovery. The general rules to remember are: Give only food that is easily digested, served as temptingly as possible. When the temperature is high, water and liquid food should be given freely to repair the rapid waste caused by fever. As the fever abates, semi-solid foods may be used; and as convalescence advances, soft foods such as eggs, toast, and simple puddings.

LAMB BROTH

2 pounds neck of lamb **1 teaspoon salt**
1 quart cold water

Clean the meat with a damp cloth; remove the skin and fat; cut the meat into small pieces and hack or separate the bones. Put bones and meat into a saucepan; add cold water; let stand one hour; then heat gradually and let it cook below the boiling point for two hours. Strain through a sieve; season and serve, adding a little boiled rice if desired.

BEEF TEA

1 pound ground lean beef **1 pint cold water**
Salt and pepper

Choose beef from the under side of the round, as that contains the greatest strength, and have it ground. Put it in a closely covered saucepan and let it stand on the range, without boiling, for twenty minutes; then boil for six minutes; strain and season.

OATMEAL GRUEL No. 1

1 tablespoon oatmeal **1 pint milk or water**
3 tablespoons water **Pinch of salt**

Mix the oatmeal with the three tablespoons of water. Boil the pint of milk or water and into it pour the oatmeal slowly. Season and boil for five minutes, stirring constantly.

OATMEAL GRUEL No. 2

1 quart water
3 tablespoons oatmeal
Milk
Sugar
½ tablespoon butter

Boil the water and into it stir the oatmeal; boil until it thickens, stirring constantly. Then pour it into a double boiler and let it cook for three or four hours. Thin with rich milk; strain carefully; add the butter and sweeten to taste.

If sugar is not desired, salt may be substituted.

INDIAN GRUEL

2 tablespoons corn meal
1 quart water
Salt
Sugar

Mix the meal with a little cold water. Boil the quart of water; pour it on the corn meal; beat well; return it to the saucepan and boil fifteen or twenty minutes. Add a little salt and sweeten to taste.

SAGO GRUEL

2 tablespoons sago
1 pint cold water
Sugar

Soak the sago for an hour in cold water sufficient to cover it; add the pint of water; place over a slow fire and stir until the sago is dissolved and becomes thickened. Sweeten to taste, and if too thick add a little boiling water.

If desired, add flavoring and a little nutmeg.

EGG GRUEL

1 egg
1 teaspoon sugar
1 cup hot milk
Grated nutmeg or lemon juice

Beat the yolk of the egg with the sugar until light; add the well-beaten white; pour over this the hot milk; flavor and serve at once.

CRACKER GRUEL

2 tablespoons powdered cracker
½ cup boiling water
½ cup milk
¼ teaspoon salt

Pour the water over the cracker; add the milk and salt; bring to a boil and serve.

ARROWROOT

2 teaspoons arrowroot
1 pint milk or water
Sugar

Mix the arrowroot in a little cold water. Boil the water or milk; stir in the arrowroot and boil until thickened and clear, stirring constantly. Sweeten to taste.

ARROWROOT WATER

2 pippin apples
1 quart water
1 teaspoon arrowroot
Sugar
Pinch of grated nutmeg

Wash the apples and cut them into small pieces, removing the core. Put them in the cold water over the fire and boil until the apples are soft, which will take an hour or more. Mix the arrowroot in a little cold water until perfectly smooth; stir into the apple water; let all boil together for ten minutes; strain through a sieve; sweeten to taste and set aside to cool. Serve as a drink with a little grated nutmeg over the top.

FLAXSEED TEA

1 tablespoon flaxseed
1 quart boiling water
1 lemon
Sugar

Put the flaxseed in a pitcher and pour over it the boiling water. Add the juice of the lemon and a few strips of peel, cut off with a sharp knife. Sweeten to taste. This, taken at bed-time, is an excellent remedy for a cold.

TOAST WATER

2 slices bread
3 pints boiling water
2 tablespoons currant jelly

Cut the bread half an inch thick; toast very brown on both sides, but do not scorch. Break them in pieces; pour the boiling water over them; add the currant jelly and stir until it is thoroughly dissolved. When cold, strain and serve, adding cracked ice if desired.

ALBUMENIZED WATER

1 cup cold water
White of 1 egg
1 teaspoon lemon juice
1 teaspoon sugar

Put the water, egg, lemon juice and sugar in a covered jar and shake until all the ingredients are thoroughly blended. Stand on the ice and shake again just before serving.

RICE WATER

1 tablespoon rice
1 quart water or milk
Sugar

Wash the rice and put it over the fire with the quart of water. When it comes to a boil set it where it will simmer until the rice becomes a pulp. Let it settle; pour off and sweeten to taste. Serve either hot or cold.

PANADA

2 stale rolls
1 tablespoon sugar
Boiling water
Grated nutmeg

Toast the rolls very brown, but do not scorch them; break into a bowl; sprinkle with sugar and a little grated nutmeg and pour over them sufficient boiling water to moisten thoroughly.

If desired, a little flavoring may be added.

FRENCH PANADA

1 stale tea biscuit
Boiling water
Salt
½ teaspoon butter
Yolk of 1 egg
2 tablespoons milk

Break the biscuit into a saucepan; pour over it boiling water sufficient to cover; boil five minutes; add butter and a little salt and mix well. Then stir in the egg yolk, well beaten in the milk; bring all to a boil and serve.

MILK TOAST No. 1

1 cup scalded milk
¼ teaspoon salt
3 slices buttered toast

Spread fresh toast with butter and sprinkle with salt. Pour the scalded milk over the toast and serve at once.

MILK TOAST No. 2

1 cup scalded milk
1 tablespoon butter
1 tablespoon flour
¼ teaspoon salt
3 slices toast

Cook the flour in the butter, but do not brown it; add the milk gradually; season and pour over the toast.

CREAM TOAST

1 slice bread
1 cup cream
Salt

Cut the bread half an inch thick and toast it brown on both sides. Lay it on a hot plate; sprinkle with salt; pour over it the cream, heated but not boiled, and serve at once.

SOAKED CRACKERS

Place several soda crackers in a soup plate; pour over them boiling water and let stand for about a minute. Drain off the water and serve with butter and salt, butter and nutmeg, cream and salt, or cream and sugar.

Hot milk may be substituted for the boiling water if desired.

EGG MILK-SHAKE

1 egg
1 teaspoon sugar
1 teaspoon vanilla
Milk to fill glass
Grated nutmeg

Beat the egg separately and then together; add sugar and flavoring, using a larger quantity if desired. Turn into a glass; fill the glass with milk; shake well and grate a little nutmeg over the top.

This is delicious when frozen. Make a custard of the egg, milk and sugar, using an extra quantity of sugar. When almost frozen add the flavoring and an equal quantity of sweetened whipped cream.

SUNSHINE ORANGE

Soak an orange in hot water for half an hour, until it is heated to the core. Remove the skin, which will peel easily, and the pulp will be sweet, as if the orange had just been picked in the sun.

LEMON FOAM

1 cup water
1 level tablespoon cornstarch
⅔ cup sugar
White of 1 egg
1 lemon

Dissolve the cornstarch in a little water; add the remainder of the water and the sugar and cook rapidly for three minutes, stirring constantly. Remove from the fire; stir in the white of the egg, beaten stiff, and the juice of the lemon. Turn into molds; let stand for twelve hours and serve.

LEMON WHEY

1 cup milk
1 small lemon
1 teaspoon sugar

Heat the milk; add the lemon and let it stand over the fire until the curd separates; strain; add the sugar and serve hot or cold.

WHIPPED APPLE SAUCE

1 cup apple sauce
White of 1 egg
Grated nutmeg

Beat the egg very stiff, alone and then with the apple sauce; add more sugar if necessary; serve in a sherbet glass, sprinkling a little grated nutmeg over the top.

CUSTARD

2 eggs
1 cup milk
Sugar
1 teaspoon vanilla

Beat the eggs; stir them into the milk; sweeten to taste and cook in a double boiler. Stir until the mixture begins to thicken; remove from the fire and when the steam has passed off add the vanilla.

Lemon or other flavoring may be used in place of the vanilla if desired.

CALF'S FOOT JELLY

4 calves' feet
3 quarts water
½ pound powdered sugar
2 lemons
Whites of 2 eggs

Clean the feet thoroughly and boil them slowly until the three quarts of water are reduced to one. Strain and set away until

cold; remove the grease and place the jelly in a saucepan, being careful to avoid the settlings. Add the sugar, lemon juice and whites of eggs; let all boil together for a few minutes; pour into bowls or glasses and set away to cool. This is much more nourishing than the commercial gelatine.

POTATOES ON THE HALF-SHELL

Bake large, smooth potatoes; cut each in half lengthwise; scrape out the inside, leaving the skins whole. Beat the potato to a cream with melted butter and cream; season with pepper and salt, and fill the "shells," rounding the potato on top. Put a speck of butter on each half and brown slightly in the oven.

Potatoes on the half-shell are more delicate than the ordinary baked potato.

KOUMISS

2 quarts new milk
2 tablespoons sugar
2 tablespoons water
⅓ cake compressed yeast

Let the yeast dissolve in the water; add it to the sugar and milk and let the mixture stand in a warm place for about ten hours or until it has thickened. Pour from one vessel to another until thoroughly smooth; bottle and keep in a warm place for twenty-four hours, or longer in winter. Cork the bottles tightly and tie the corks down. Shake for a few moments before using.

STEWED FIGS

1 pound figs
1 pint water

Wash the figs thoroughly and put them to soak over night in the pint of water. Bring them to a boil in the same water and let them cook until the syrup is reduced about one half.

TAPIOCA

½ cup tapioca
1 pint boiling water
1 tablespoon lemon juice
Sugar
Grated nutmeg

Soak the tapioca in water sufficient to cover it; stir it into the boiling water and let it simmer until thoroughly dissolved. If too thick, add more boiling water. Sweeten to taste; add the lemon and grate a little nutmeg over the top.

BEEF PATS

Scrape clean, uncooked beef until you have the desired quantity of paste; make it into tiny pats; put each pat on a square of bread; toast quickly in a hot oven and serve with a little salt and butter.

CHICKEN PANADA

1 cup cold chicken
1 cup water
1 tablespoon cornstarch
1 pint milk
1 tablespoon butter
Salt and pepper

Chop the chicken very fine and put it over the fire with the water. When boiling, add the cornstarch moistened in a little cold milk; then add the pint of milk; bring to a boil; add the seasoning and butter and serve.

OYSTERS ON TOAST

6 oysters
½ tablespoon butter
Salt and pepper
1 slice toast

Put the oysters and butter in a pan, without any juice, over the fire; bring to a boil and serve on a slice of toast, delicately browned on both sides and slightly buttered.

SQUABS OR ANY SMALL BIRDS

Clean and singe the squabs the same as chicken. Split them down the back; flatten with a rolling-pin and broil over hot coals. Put them on a hot plate; butter slightly and season with pepper and salt. Serve on buttered toast.

FIRELESS COOKERY

What! Cook without fire?
Aye, an' it can be done.

—*Fables of a Rolling Pin.*

FIRELESS COOKERY

As time saver, fuel saver, and nutriment saver, the fireless cooker has proved itself to be one of the most useful of cooking devices, well worthy of the serious attention of the conservative housekeeper. The construction of the device is simple, being the same in principle as the thermos bottle. The outside box is lined with non-conducting materials, such as mineral wool and asbestos, with inside compartments or wells to hold the food containers. When the heated vessel is tightly enclosed, the heat is retained and continues the process of cooking. Usually the cooker is equipped with radiator disks of metal or stone, which, when fully heated on the stove and placed in the compartment with the food container, materially increase the rapidity of cooking. Many dishes may be cooked without the use of radiators; but no cooker is complete without them, since their intense heat makes possible the baking of bread, cakes, and pies, the roasting and stewing of meats, and in fact, the cooking of almost any dish that can be prepared on the modern cooking range.

Not only does the fireless cooker mean a tremendous saving of fuel, and of energy on the part of the housewife, but it produces better results with many dishes than are possible with coal or gas. Cereals, for instance, which require long heating and which it is almost impossible to cook properly on a gas stove, are delicious when prepared by the fireless method. The slow, even heat cooks beans, rice, macaroni, and similar dishes more thoroughly, and improves their digestibility and flavor. Meats retain all their nutriment and, being cooked in their own juices, are more savory.

The recipes given in this chapter are arranged for the cooker with radiators; but all of them, with the exception of those for roasting and baking, can be used for any cooker. Where there

are no radiators, and where you are cooking things which require a great length of time, it is a good plan to remove the container from the cooker when the time is half gone and reheat it over the fire. In doing so, as in preparing the dish for the cooker in the first place, the container must not be uncovered before returning it to the cooker, or steam will escape and the food cool.

In considering labor-saving and fuel-saving devices, the steam pressure cooker should be mentioned. While it requires fire for operation, the intense heat caused by steam under pressure so reduces the length of time required for cooking that there is great saving of fuel, and cheaper cuts of meat, dried beans and peas, and other foods which usually need long, slow cooking are much more quickly and thoroughly done.

Among the many inventions since the days of open-fireplace cookery the automatic electric oven cooker, which of itself turns the power off upon attaining a certain registered temperature, is a most desirable acquisition where electricity is not too costly for its operation. Aladdin and his lamp were not more wonderful!

CEREALS

To cook cereals in the cooker to best advantage there should be a double-boiler receptacle. Fill the large outer pail with water and bring it to a boil. In the upper vessel put the required amount of water; stir in the cereal; season to taste; heat and stir slowly until it begins to thicken—about ten minutes. Place the smaller kettle inside the larger and set away in the cooker; leave overnight and in the morning beat up well and reheat. If the grains are desired separate, cook a less time and do not beat.

ARROWROOT GRUEL

2 tablespoons arrowroot
1 quart boiling water
1 teaspoon salt
1 teaspoon sugar
Few drops vanilla

Mix the arrowroot with just enough cold water to form a thin paste; add part of boiling water; mix well and add remaining hot water. Boil for five minutes and place in cooker for one hour. Cool; add a few drops of vanilla and a little cream if desired.

BARLEY MUSH

½ cup barley meal 1 teaspoon salt
2½ cups water

Stir the meal slowly into the boiling salted water, being careful not to let it lump. Cook for ten minutes and place in cooker for eight hours or over night.

CORN-MEAL MUSH

½ cup corn meal 1 teaspoon salt
2¾ cups water

Slowly stir the meal into the boiling salted water, being careful not to allow it to lump. Let boil slowly for ten minutes; place in cooker and allow to remain eight to ten hours or over night.

If you wish to fry the mush use only two cups of water.

CRACKED WHEAT

¾ cup cracked wheat 3 cups water
¾ teaspoon salt

Soak the cracked wheat in two cups of water for two hours. Heat remaining water to boiling point, add salt and the cracked wheat with the water in which it has been soaking. Boil for ten minutes; place in cooker over night.

The flavor will be greatly improved if the wheat is slightly browned in the oven before soaking.

GRAHAM MUSH

1 cup graham flour 3 cups water
1 teaspoon salt

Stir the flour slowly into the boiling water, being careful not to allow it to lump. Boil slowly for five minutes and place in cooker over night.

HOMINY

1 cup hominy 2 teaspoons salt
4½ cups boiling water

Soak the hominy over night, keeping it in a warm place if possible. Drain and add boiling water. Boil fifteen minutes and place in the cooker all day.

OATMEAL

1 cup oatmeal — 3 cups water
1 teaspoon salt

Stir the meal into boiling salt water; boil for five minutes and place in the cooker over night.

PETTIJOHN'S BREAKFAST FOOD

1 cup cereal — 3 cups water
1½ teaspoons salt

Stir the cereal into boiling salted water, allow it to boil for five minutes and place in cooker over night.

RALSTON'S BREAKFAST FOOD

½ cup cereal — 3 cups water
1 teaspoon salt

Allow the water to boil hard, add salt and slowly stir in the breakfast food, being careful not to allow it to lump. Boil slowly for five minutes and place in the cooker over night.

BOILED RICE

½ cup rice — 2½ cups water
1 teaspoon salt

Clean and wash the rice; then stir it into boiling salted water and allow to boil five minutes. Place the kettle in the cooker and allow it to remain for three hours or over night.

RICE AND FIGS

Cook the rice the same as Boiled Rice, adding just before placing in the cooker a cup of figs which have been washed, stemmed and cut into small pieces. Dates may be used in the same manner.

ROLLED WHEAT

1 cup wheat — 2½ cups water
1 teaspoon salt

Have the water boiling directly over the fire. When it boils rapidly stir the cereal in with a fork to prevent lumping. Let it boil slowly five minutes; place in the cooker and let it remain for four or five hours, or over night.

CREAM OF WHEAT

½ cup cream of wheat
3 cups water
½ teaspoon salt

Cook the same as Rolled Wheat.

SOUP

The real value of soup is brought out in a fireless cooker. Meats and bones for soup cost but little and the real expense of the dish—the long cooking over a fire, is done away with. The foundation of all soups is the juice or extracts of meats, poultry, etc., that are used, and the true flavor and the nutriment of these things are best preserved by the fireless method of cooking.

BROWNED SOUP STOCK

4 pounds soup meat and bone
1 onion
2½ quarts water
1 tablespoon salt
¼ teaspoon pepper
1 stalk celery
1 turnip
1 carrot
½ bay leaf

Wipe the meat and cut it into small pieces. Brown about one third in a frying pan with a little suet and an onion. Place bones and remaining meat in kettle; add two quarts of water and allow to stand for one hour. Add two cups of water to the meat in the frying pan; boil one minute and add to the meat in the kettle. Add seasoning and diced carrots and turnips. Bring the entire mixture to a boil and allow it to simmer ten minutes. Place in the cooker for eight hours. Remove and skim fat from top before using. Use one radiator or cook a longer time.

WHITE SOUP STOCK

4 pounds knuckle of veal
1 onion
Small bay leaf
2 teaspoons salt
6 peppercorns
1 stalk celery
8 cups water

Wipe the meat and cut into small pieces. Have bone cracked and place this with the meat in the kettle; add seasoning and onion and celery cut into small pieces. Add water and allow to stand an hour. Boil slowly thirty minutes and place in cooker eight hours. Pour soup through several thicknesses of cheesecloth and it will be very clear. Use one radiator or cook a longer time.

BEAN SOUP

1 cup navy beans
2 quarts water
1 small onion
2 stalks celery
1 tablespoon salt
1/4 teaspoon pepper
2 tablespoons butter

Soak beans over night; drain and add two quarts of cold water. Add chopped celery and onion, also salt and pepper. Boil slowly for fifteen minutes. Place in cooker for four hours. Rub through sieve; add butter and serve. Use one radiator or cook a longer time.

CHICKEN SOUP

Clean and dress the chicken; place in kettle and add six cups of cold water, a few celery leaves and two teaspoons of salt. Boil slowly for twenty minutes; place in cooker for five hours. Allow chicken to cool in liquor. It may be used for salad or croquettes. Allow soup to cool and remove fat before serving.

CORN SOUP

1 can corn
1 quart milk
1 tablespoon chopped onion
3 tablespoons butter
3 tablespoons flour
Salt and pepper
Yolks of 2 eggs

Put the corn in the kettle, with the milk. Remove to the cooker for two hours or more. Fry the chopped onion in butter; add the flour and cook until smooth. Strain and add. Season with salt, pepper and paprika. Put in double boiler to keep hot, and just before serving add the yolks of eggs, well beaten.

TOMATO SOUP

1 can tomatoes
2 cups water
1 carrot
1 small onion
1 bay leaf
2 cloves
1 teaspoon salt
Dash of red pepper
1 quart soup stock

Add water to tomatoes. Dice carrot and slice onion; add these and the seasoning. Boil five minutes and place in cooker for two hours. Strain, add soup stock, reheat and serve. Use one radiator or cook a longer time.

TURTLE SOUP

Thoroughly clean the turtle. Place in kettle and cover with cold water. Let it come to a boil and skim. Tie in a small bag one tablespoon of thyme, marjoram, and sweet basil; let it boil with the meat slowly for twenty minutes. Remove to the cooker for five or six hours. Use one radiator. Remove meat from bones and when cold cut and dice and return to the stock. Season with salt and pepper to taste. Brown some flour in oven, blend with butter and thicken the soup to the consistency of cream.

VEGETABLE SOUP

2 cups brown soup stock
2 cups tomato juice
1 cup carrots
1 cup turnips
½ cup celery
1 cup peas
1 onion
1 cup diced potatoes
Seasoning

To the soup stock and tomato juice add the diced carrots, turnips, onion, celery, potatoes, peas and seasoning. Boil slowly for ten minutes and then place in the cooker for three hours. Use one radiator or cook a longer time.

POTATO SOUP

3 potatoes
2 ounces butter
1 pint hot milk
Salt and pepper
1 egg

Pare and cut the potatoes in quarters; cover with boiling water and boil five or six minutes. Place in the cooker for one and a half hours. While mashing, add the butter and pour in gradually the boiling milk. Season with salt and pepper. Stir and strain and heat again. Beat the egg and put into tureen; pour over it the soup.

CREAM OF CELERY SOUP

3 celery stalks
Water
2 tablespoons butter
3 tablespoons flour
1½ cups milk
Salt and pepper

Cut the celery into small pieces; cover with water and bring slowly to a boil. Boil ten minutes and then place in the cooker for two hours. Blend the butter and flour; add milk and cook. To this add drained celery water. Season with salt and pepper.

CREAM OF PEA SOUP

1 cup shelled peas
Water to cover
1 pint hot milk
½ tablespoon butter
1 tablespoon flour
Salt and pepper
½ cup cream

Almost cover the shelled peas with boiling water. Boil ten minutes and add the boiling milk, the butter blended with the flour, also salt and pepper to taste. Cover and bring to boil and place in the cooker for two hours. When ready to serve strain through sieve and add the cream.

LENTIL SOUP

1 cup lentils
1 carrot
1 stalk celery
1 onion
4 cups stock
3 tablespoons flour
2 tablespoons butter
2 teaspoons salt

Soak lentils in water several hours; then drain and add the onions, carrot and celery, cut fine. Add water and boil ten minutes; place in cooker seven hours. Remove from cooker; drain and rub through sieve. Make paste of butter and flour; add vegetables, stock and seasoning. Heat and serve. For Cream Lentil Soup add milk instead of stock.

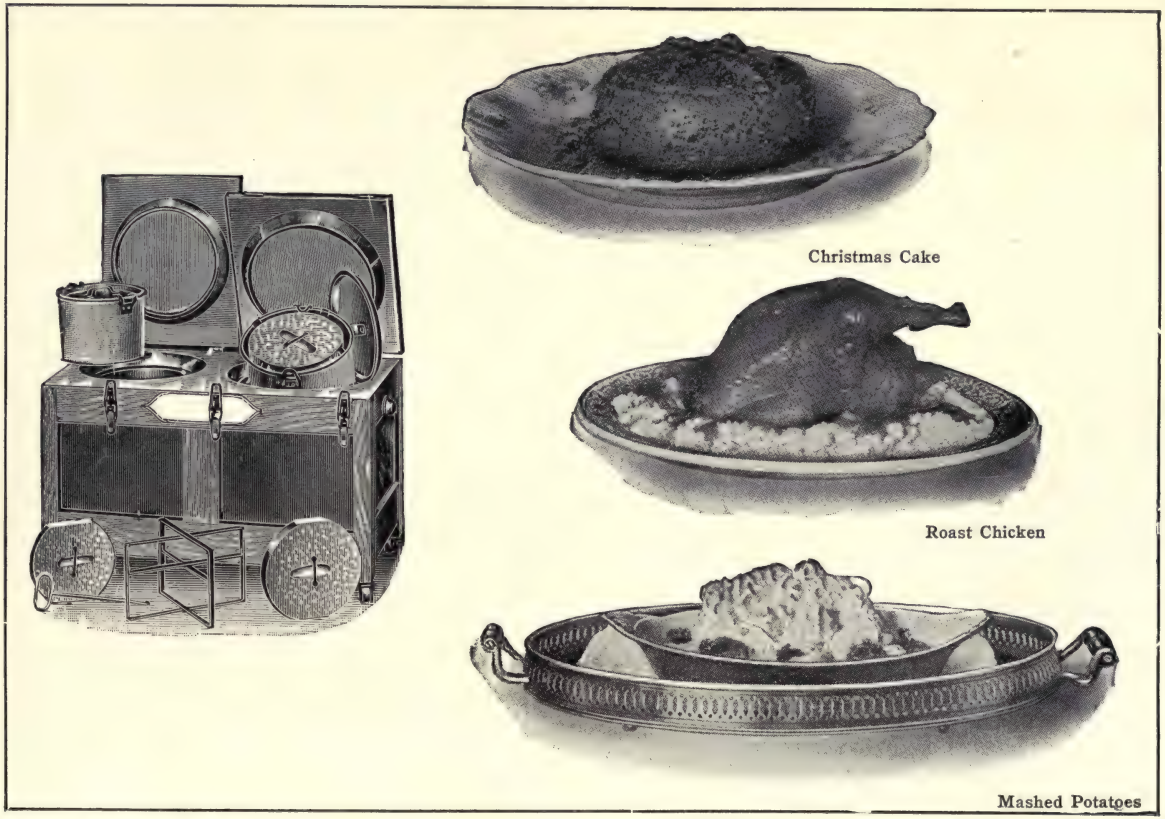
BOUILLON

3 pounds lean beef
2 quarts cold water
A little celery
½ small onion
2 bay leaves
Cinnamon and cloves
Salt and pepper
1 tablespoon caramel

Cut the beef into cubes; add water, celery, onion and bay leaves and let stand in the cooker for five or six hours. Use one radiator. When taken from cooker allow to cool and remove the fat. Before using drop in a little bag of cinnamon and cloves. Season with salt and pepper, and color with a tablespoon of caramel. Heat and serve.

FISH

Fish is a food that may be easily cooked over a blaze, but the fireless is serviceable, as fish does not become soft nor fall to pieces even by standing a considerable length of time in the cooker.



Courtesy of the Toledo Cooker Co.

FIRELESS COOKER AND DISHES PREPARED BY FIRELESS METHOD

BAKED FISH

Open the fish; wash; wipe perfectly dry and rub over with salt; lay in a dripping-pan with a little butter and bread crumbs; and bake forty minutes in the fireless cooker, using both radiators.

CODFISH BALLS

1 cup shredded codfish
1 pint potatoes
2 teaspoons butter
1 egg
¼ saltspoon pepper

Pare the potatoes; cut them into cubes and put them in the kettle with the codfish. Cover with boiling water; place in the cooker for three hours. Drain; mash and beat until very light. Add the butter, egg well beaten and the pepper; also more salt if needed. Drop by tablespoons in hot fat and fry a golden brown.

BAKED LAKE TROUT

After cleaning, tie the fish in a square of cheesecloth, immerse in boiling water and flavor with lemon juice. Place in the cooker and cook one hour with one radiator, or longer if no radiator is used. Drain and serve with cream sauce.

BOILED WHITE FISH

Clean and bone the fish and sew in a cheesecloth bag, leaving room for the fish to swell. Place in kettle with back down; cover with boiling salted water, allowing one tablespoon of salt and vinegar or lemon juice to each quart of water. Boil for five minutes. Place in cooker for one hour. If fish weighs over two pounds, boil ten minutes before placing in cooker. The skin may be easily peeled from a boiled fish. Serve with tomato sauce.

SCALLOPED SALMON

1 can salmon
Butter
1 tablespoon flour
Salt and pepper

Place in baking dish one layer of salmon. Sprinkle with flour; add small pieces of butter, pepper and salt; then other layers until the dish is full; cover with cracker crumbs; heat and bake in the cooker about one hour. Use two radiators.

BOILED SALMON

Wash and clean the fish; sew it in a cheesecloth bag, leaving room for fish to swell. Place in kettle; cover with boiling salted water, allowing one tablespoon of salt to each quart of water. Boil ten minutes and place in cooker for an hour and a half.

Serve fish with rings of lemon and tomato sauce.

TURBOT

Take a whitefish; boil; take out the bones and sprinkle with salt and pepper. For the dressing use one pint of cream sauce prepared in the usual way, and when cool add two beaten eggs. Put in baking dish a layer of fish, then a layer of sauce, until full. Cover top with bread crumbs and bake in the cooker for one hour. Use two radiators.

MEATS

The more expensive meats are not necessarily the most nutritious. If the housewife thoroughly understands the right way to prepare cheaper meats, and has a fireless cooker, it is possible to have a tender and juicy piece of meat at comparatively small cost. Meats cooked by the fireless method do not lose in weight, because nothing escapes, and there is no shrinkage from evaporation. It is a recognized fact that the tough meats can be reduced to delicious tenderness if steamed in a closed roaster for several hours. This is the principle of the fireless cooker.

CORNED BEEF

For cold corned beef the plate piece is best, while for hot the brisket is to be preferred. Always have a good layer of fat around it. Place in cold water and bring slowly to a boil and boil for thirty minutes, skimming well the first few minutes. Have cover tightly closed before removing to the cooker, and leave six or eight hours, using one radiator. Cool in stock; press between plates, and serve in thin slices.

BOILED BEEF

The brisket or piece of round is good for boiling. Place the suet and trimming of the meat in the kettle and fry out the fat. Then throw in the meat and sear quickly on all sides. Remove the cracklings from the fat and cover the meat with boiling water.

Without removing the cover place in the cooker and leave three hours or more. Use one radiator. Then place on a hot platter; salt well; garnish with cress or boiled cabbage. The liquor should be saved for stock and sauce.

BEEF AU GRATIN

Put in baking dish a layer of bread crumbs, then some thin slices of fat salt pork, slices of cold cooked beef, onion, parsley and another layer of crumbs, until the dish is full. Pour over all any left-over gravy or stock to moisten. Bake in the cooker for one hour.

ROAST BEEF

The best shaped roast to cook in the fireless is a rolled roast of five to eight pounds. Use whatever seasoning you are accustomed to and prepare in the usual way for the oven. Put the roast in the largest vessel, and if the roast is large, raise the temperature of the two radiators to the highest possible point; then place the vessel in the large compartment and allow it to remain on the program of twenty minutes for each pound of roast, or three minutes less per pound if the roast is desired rare.

ROUND STEAK ON BISCUITS

Cut round steak into small half-inch squares; cover with water and boil for five minutes. Remove at once to the fireless cooker and leave for five hours. Take out the meat; make a brown sauce of the juice; pour meat and sauce over split tea biscuits that have been baked with a hard crust.

BEEF STEW

2 pounds round steak	1 carrot
3 cups water	1 turnip
1 teaspoon salt	1 stalk celery
Dash of pepper	1 onion

Remove the skin from the meat and cut into inch pieces; place in kettle; add water and seasoning. Cut the carrot, turnip and celery into one-half-inch cubes and add to mixture; also the onion, sliced. Boil for ten minutes and place in cooker for three hours. Thicken with four tablespoons of flour and one half cup of water, well mixed. Serve on toast.

BEEFSTEAK AND ONIONS

Select a thick steak and butter both sides; slice the onions thin and lay a layer of onions on top of the steak. Place it in the cooking vessel and use both radiators, the same as in roasting; and leave for about three quarters of an hour.

BOILED DINNER

Take three or four pounds of corned beef; cover with cold water and let boil slowly for twenty minutes. Then skim and add a small head of cabbage, a few carrots, potatoes and turnips and boil for five minutes. Place in the cooker for four hours. Use one radiator, or use no radiator and cook a longer time.

BROWNED BEEF STEW

2 pounds round steak
1 onion
3 cups water
Seasoning

Cut meat into small pieces. Slice onions and brown in some of the suet or two tablespoons of butter; add meat and cook until well browned. Add the three cups of water and seasoning; allow to boil slowly for ten minutes. Place kettle in cooker for three hours; thicken with four tablespoons of browned flour and six tablespoons of water made into thin paste.

CHICKEN CURRY

3-pound chicken
⅓ cup butter
2 small onions
2 teaspoons salt
1 teaspoon vinegar
1 tablespoon curry powder
Boiling water

Clean, singe and cut the chicken. Put the butter in a hot frying pan; add the chicken. Chop the giblets and onions; add salt, vinegar and curry powder. Cover with boiling water; place in the cooker for four hours, using one radiator. When ready to serve, remove the chicken. Thicken the liquid with flour; strain, and pour over the chicken. Garnish with a border of rice.

FRICASSEED CHICKEN

Dress, clean and cut the chicken for serving. Flour and salt slightly; cover with boiling water; then place in cooker without removing cover and leave for three hours. Take from cooker and

make sauce with the liquor by adding a tablespoon of flour, rubbed smooth in a half cup of milk; salt and pepper to taste. Let it come to a boil on the stove and serve at once with hot biscuits.

CHICKEN PIE

Place hot fricassee chicken and gravy in a baking dish. Make a rich crust and place on top of chicken. Place in cooker for one half hour. Use two radiators.

ROAST CHICKEN

The time necessary for roasting a chicken depends on the age of the bird. One hour and a half is sufficient for a young chicken, but an older one should be roasted two hours, and a very tough chicken three hours. If this course is followed, old chickens will turn out as tender and savory as spring chickens. Prepare the chicken in the usual method for the oven. It will not be necessary to heat the chicken to brown it before it has been placed in the cooker, for if both radiators have been made very hot the chicken when roasted will be nicely browned. It is not necessary to open the cooker for basting as the hot steam prevents burning.

CHICKEN STEW

Clean the chicken and cut it into small pieces. Heat the kettle and cover with water; allow to boil slowly for thirty minutes; season with pepper and salt, and place in cooker for six hours. Remove from cooker and add thickening. If desired, dumplings may be added and the kettle replaced in the cooker for thirty minutes.

IRISH STEW

1 pound mutton breast	1 slice onion
Salt and pepper	1 cup green peas
1 tablespoon butter	1 cup potatoes

1½ cups boiling water

Rub the mutton breast with salt and pepper; cut up into small pieces; brown in butter; add the onion and cook until the onion is yellow. Add the potatoes, cut in cubes, the peas and boiling water; season and cook ten minutes over the fire. Remove to cooker and leave for one hour, using one radiator.

BAKED HASH

Chop and season any cold meat; do the same with cold potatoes, and put alternate layers in a dish with bits of butter between. Finish with rolled biscuits and bits of butter on top. Pour over this some good stock, and bake half an hour.

BOILED HAM

Soak over night if necessary. Wash and trim off all dark skin; place in kettle; cover with cold water and boil a half hour. Remove to cooker for four to six hours, using one radiator. Boil about eight hours if no radiator is used, and reheat when the time is half expired.

FRICASSEE OF LAMB

Cut two pounds of lean lamb into inch cubes; dredge with flour and brown in a frying pan, using a little suet to keep it from burning. Place in kettle and add just water enough to cover. Boil for ten minutes and place in cooker for six hours. Thicken with one tablespoon of browned flour mixed with cold water; season to taste and serve on toast.

ROAST LAMB

Select a small leg of lamb and cut off the shank, seasoning well in the usual way. Place in the larger vessel and use both radiators. Allow about twenty minutes or more for each pound of meat. Prepare sauce in the usual style.

LAMB CHOPS ROASTED

Cut out the bone from each chop; roll up chop; pin together with toothpick; put in buttered pan; season with salt and pepper. Place in pan and put in baking rack for forty-five minutes, using two radiators.

BOILED LEG OF MUTTON

Place mutton in kettle and cover with boiling water. Boil for thirty minutes and place in cooker for three hours, using one radiator.

ROAST PORK

Select a piece suitable in shape for fitting in the larger vessel and cook from one hour and a half to three hours, according to the size of the roast.

SWEETBREADS

Wash sweetbreads and soak in slightly salted water for one hour. Plunge them in boiling salted water and boil three minutes. Place in cooker for two hours. Then plunge them in cold water; when chilled, remove membrane. They may be rolled in crumbs and egg and fried, or broken in small pieces to cream.

PORK TENDERLOIN

Choose thick tenderloin; split them, but not quite through. Make dressing of fine bread crumbs, salt, pepper and melted butter. Stuff tenderloin and bind together. Have tablespoon of melted butter in cooker kettle; add tenderloin and bake in roasting compartment one and a half to two hours.

BOILED TONGUE

Place tongue in water three hours before cooking. Put in kettle; cover with water and bring to boiling point. Boil thirty minutes; then place in cooker with one hot radiator for eight hours. If wanted for immediate use remove skin and set aside to cool.

CURRY OF VEAL

1 large onion
1 tablespoon butter
1 tablespoon curry powder
1 teaspoon salt
2 tablespoons flour
1 pint hot water
2 pounds lean veal

Fry the onion in the butter. Mix curry powder, salt and flour, and stir into the butter and onion. Add gradually the hot water or stock. Cut the veal in small pieces, and brown them in hot fat. Add them to sauce; remove to the cooker for four or five hours, using one radiator. Place meat on hot platter and arrange a border of boiled rice.

VEAL CROQUETTES

Put the veal in the kettle with enough boiling water to cover. Remove to the cooker for three hours. Use one hot radiator.

Chop fine and season highly with salt, pepper, celery salt, paprika and lemon juice. Use one and a half cups of veal with one cup of thick cream dressing. Shape in cylinders. When cool roll in egg and bread crumbs and fry in hot fat.

VEAL LOAF

3 pounds chopped veal	3 tablespoons milk
4 crackers	1 large tablespoon salt
Butter size of egg	½ teaspoon pepper
3 eggs	1 tablespoon sage

Mix the veal with the crackers rolled very fine; add the butter, eggs, milk, salt, pepper and sage. Mix all together and form into a loaf. Bake three hours in the cooker, using both radiators.

ROAST VEAL

Select a piece of veal suitable in shape for fitting in the cooker. As veal is usually very lean, add a little butter. Roast in the ordinary way with two hot radiators; bake from one and a half to two hours.

VEAL ROLLS

Take thin veal steak off the ham, and cut it in squares. Season these with salt and pepper and wrap around strips of salt pork, fastening each with a toothpick; roll in flour and brown in butter. Thicken the butter left in the pan with flour and add milk; bring this to a boil and pour over rolls. Place in the aluminum vessel, heat thoroughly for twenty minutes and place in the cooker for four hours. Mushrooms may be added to the sauce when ready to serve.

VEAL AND RICE

½ cup rice	1 sliced onion
2½ pounds veal	6 tablespoons water
2 tablespoons butter	1 tablespoon meat extract

Boil the rice in salt water till soft (one can do this the day previous). Cut the veal in cubes. Heat the butter in a kettle; add the meat and sliced onion; leave until yellow. Then add the rice, which has been thinned with water and meat extract, and Parmesan cheese if desired. Put the closed kettle in the cooker for forty-five minutes. Use one radiator.

VEGETABLES

Many vegetables are cooked best in a fireless cooker, because the food value and taste are developed. For those vegetables that are cooked or boiled in water, the usual recipes can be applied. It is only necessary to put sufficient boiling water over the vegetables before placing in the cooker. One radiator is used. In baking such vegetables as potatoes, apples, etc., both radiators are used. Ordinary sized potatoes require from three quarters to one hour cooking time.

Vegetables may be cooked by all of the following three methods, and each housewife should determine to her own satisfaction which method gives the best results:

1. Vegetable first brought to boiling point and placed in cooker without radiator.
2. Vegetable first brought to boil and placed in the cooker with heated radiator.
3. Vegetable placed in cooker cold and raw with heated radiator.

All good cooks are aware that some kinds of vegetables are better when cooked at a boil, such as potatoes and other vegetables containing a large percentage of starch; while other vegetables, such as parsnips, carrots and turnips, containing but little starch, are hardened by high heat and should be cooked slowly. Again, green peas and asparagus, containing much sugar, are better cooked without violent boiling. In general, any foods requiring long, slow cooking, are made delicious by the use of the fireless.

It is well to remember that the fireless cooker, like other labor-saving devices, will yield its best results only to experiment and experience. Occasionally, a beginner will become discouraged by one or two failures and be tempted to abandon its use. Its mastery is not difficult and, when mastered, it can readily be made to cook practically anything desired, at a considerable saving of labor and expense.

ASPARAGUS

Wash the asparagus; cut off tough ends; cover with boiling water and place in cooker for one hour. Drain off the water and cover with milk; season with salt and pepper; heat and serve.

BOILED BEETS

Wash and scrub, but do not cut the beets. Cover with boiling water and allow to boil fifteen minutes. Place in cooker for two

hours or more, depending upon the age of the beets. Remove from cooker; put beets in cold water for a minute; slip off the skins, and cut the beets in small pieces. Season with salt, pepper and butter, or any sauce you may prefer. To retain the color of the beets leave on the root and about one half inch of leaves.

BEET GREENS

Wash and pick over the greens carefully; add one cup of boiling water for each quart of greens. Boil slowly for ten minutes; place kettle in cooker for two hours. Drain off the water; add salt, pepper and butter; reheat and serve.

PICKLED BEETS

2 cups boiling water	2 cups vinegar
4 tablespoons sugar	1 tablespoon salt
½ teaspoon pepper	10 cloves
1 stick cinnamon	10 peppercorns

Boil the beets as usual; peel and cut them into slices; place in glass jar. Mix the sugar, salt, pepper and spices in the water; add vinegar and heat almost to the boiling point. Pour this over the beets and allow them to stand twenty-four hours before serving.

BAKED BEANS

Clean the beans and soak in cold water over night. Drain off this water and add enough fresh water to cover them. Add a half pound of salt pork to each quart of beans (measured before soaking); add salt, pepper and molasses or sugar to suit taste. Boil for ten or fifteen minutes; place kettle in cooker for six or eight hours. Remove to earthen dish and bake for two hours or until beans are well browned.

BOILED CABBAGE

Remove outside leaves; cut into quarters and cut out tough center. Put into kettle and cover with boiling salted water; allow to boil for ten minutes without cover. Cover and place in cooker for one hour. Season with butter, salt and pepper, or serve with cream sauce.

BOILED CARROTS

Wash and scrape the carrots; cut into slices or cubes; place in kettle and cover with boiling water. Allow to boil for five minutes; add salt and place in cooker for three hours. Drain and serve with a cream sauce or melted butter. Carrots may be cooled and used in a salad if preferred.

CARROTS AND PEAS

Cook the carrots as usual; when done, drain; add one can of peas and allow to simmer for ten minutes; add salt, pepper and butter and serve at once.

CAULIFLOWER

Remove outside leaves from cauliflower and place it in cold water; allow to remain a half hour. Place in kettle and cover with boiling water; add one teaspoon of salt and boil slowly five minutes; place in cooker for one hour. Drain and serve with cream sauce.

CREAMED CELERY

Wash, clean and cut into small pieces enough celery to make three cups; place in kettle and cover with boiling water, allow to simmer five minutes. Place in cooker for two hours; drain and serve with cream sauce.

BAKED CORN

6 ears corn
1 cup boiling milk
¼ cup butter
Salt and pepper

Cut the grains from the cobs; add boiling milk, butter, salt and pepper to taste. Put in buttered baking dish; dot with small pieces of butter and bake in cooker for one hour.

BAKED CORN AND TOMATOES

Fill a baking dish with alternate layers of canned corn, tomatoes, and toasted or fried bread crumbs, adding plenty of salt and pepper, a suspicion of sugar and generous piece of butter. Have the top layer of crumbs. Bake for one hour.

BOILED GREEN CORN

Remove the husks and threads; place corn in kettle; cover with boiling water and boil for three minutes. Place in cooker for one hour or more, depending upon the age of the corn. Drain and serve with salt and butter.

LIMA BEANS—FRESH

Wash the beans and cover with water. Add a small piece of salt pork or butter and boil for ten minutes; season and place in cooker for two hours or more. Season to taste with salt and pepper.

LIMA BEANS—PURÉE

1 cup dried beans
2 cups water
1 slice onion
1 stalk celery
1 teaspoon salt
Dash of pepper
2 tablespoons butter

Soak the beans over night. Drain; add fresh water and a pinch of soda. Boil fifteen minutes; add onion and celery cut into small pieces; place in cooker over night. Rub through sieve; add butter, salt and pepper, and serve hot.

BOILED ONIONS

Cover the onions with boiling water. Add salt and boil three minutes. Cook two hours or longer, using one hot radiator. Drain; season with salt, pepper and butter; or serve with cream sauce.

PARSNIPS

Wash and scrape the parsnips; cut in slices about one fourth of an inch thick; cover with boiling salted water and allow to boil for five minutes. Place in cooker for three hours. Drain and brown in frying pan or season with salt, pepper and butter.

PEAS

Shell the peas; throw them into boiling water and let them boil slowly for five minutes. Add salt, pepper and butter. Place in cooker for two hours or more.

MASHED POTATOES

Wash and pare the potatoes; cut into pieces of uniform size; cover with boiling salted water and boil for five minutes. Place in cooker for an hour or an hour and a half, depending upon the size of the pieces and amount in the kettle; drain, mash, add salt, pepper, milk and butter. Beat until smooth.

STEAMED POTATOES

Wash the potatoes in fresh water; put them into the kettle and cover with water (hot water preferred), clamping the lid on the kettle. Heat one radiator twenty minutes; place kettle over the radiator while heating. Pour the water off the potatoes, allowing only a little to remain and put the kettle into the cooker over the radiator. Cook for an hour and a half. Potatoes may be pared or unpared.

BAKED POTATOES

Wash and dry medium-sized potatoes; put them in a pan and bake in the fireless for forty-five minutes. After fifteen minutes raise the cover quickly and allow the steam to escape.

CREAMED POTATOES

Wash and pare the potatoes; cut into one-half-inch cubes; place in kettle and cover with boiling salted water. Boil three minutes and place in cooker for forty-five minutes. Drain and cover with cream sauce. Large amounts of potatoes may be cooked in the cooker in this way without danger of their breaking.

SCALLOPED POTATOES

1 pint raw potatoes	½ small onion
Butter	½ cup bread crumbs
Salt and pepper	1 cup milk

Peel and slice the potatoes; put them in the kettle in layers, covering each with salt, pepper, butter and a little onion. Put a layer of bread crumbs on top; pour on the milk; heat thoroughly and place in the cooker. Use two radiators and bake two and a half hours.

POTATOES FOR SALAD

Select potatoes of uniform size; wash and remove the eyes. Place potatoes in kettle and cover with boiling water. Add one tablespoon of salt for each quart of water. Boil five minutes if potatoes are small, ten if large. Place in cooker for two hours. Drain and allow to cool uncovered.

SAUER KRAUT

Place a pound of sliced fresh pork in a vessel and add a quart of sauer kraut; cover with water and boil for ten minutes. Put in the cooker and allow it to remain for six hours.

SPINACH

Clean and wash the spinach, carefully removing roots; place in kettle and add half as much boiling water as spinach; salt and boil slowly ten minutes. Place in cooker three hours; drain; add butter, salt and pepper. Serve with vinegar and hard-boiled eggs.

STUFFED PEPPERS

To prepare red and green sweet peppers for stuffing, cut off the top and with a knife cut out and remove the veins and seeds. The peppers may be filled with a variety of mixtures—chopped cold meats and seasoned bread crumbs and onion juice, or other seasoning, or plain boiled rice; in any or all cases moisten liberally with melted butter. Stand close together in a dish; pour on a little stock or boiling water and bake in the cooker for one half hour.

SQUASH

Cut the squash into pieces; remove seeds and pare. Cut into small pieces and add water almost to cover. Boil ten minutes and place in cooker two hours. Drain, mash and season with butter, salt and pepper. If the butter is browned slightly it will improve the flavor.

STRING BEANS

Break rather than cut the beans into small pieces of about one half inch and, unless they are very fresh, it is well to soak them in ice water one hour before cooking. Then throw them into boiling water; season with salt and pepper and a little butter. Cover the dish; place in the cooker and leave two hours or more.

BAKED SWEET POTATOES

Prepare in the same way as white potatoes and bake by same method. They will cook in about the same time.

WHITE TURNIPS

Wash and pare the turnips; cut into slices and cover with boiling water. Cook for ten minutes and place in cooker for four hours. Drain and mash; season with salt, pepper and butter and serve hot. Use two radiators.

YELLOW TURNIPS

Prepare yellow turnips or rutabagas, as they are sometimes called, in the same manner as white turnips, but leave in the cooker from one to two hours longer, as they require more cooking.

BOILED TOMATOES

Wash the tomatoes and pour boiling water over them, allowing them to remain in it about one half minute or less if they are very ripe. Cover with cold water and peel. Cut into pieces and add salt, pepper to taste, butter and a small amount of sugar. Boil for five minutes; place in cooker and allow to remain one hour.

STEWED TOMATOES

1 tablespoon butter
1 level tablespoon flour
1 quart tomatoes
1 tablespoon sugar
Salt and pepper

Rub the butter, melted, into the flour; add the tomatoes and seasoning and put in the covered kettle in the cooker for twenty-five minutes. Use one radiator.

BAKED MACARONI

½ pound macaroni
½ teaspoon salt
2 cups cream sauce
½ cup bread crumbs

Break the sticks into small pieces; add salt and boil for thirty minutes. Add cream sauce and bake for two and a half hours, using both radiators. Reheat and serve.

MACARONI WITH CHEESE

Cook the macaroni as for baking. Place a layer of macaroni in a pudding dish; cover with a layer of cream sauce and a layer of grated cheese. Alternate until the dish is filled. Put layer of bread crumbs on top with bits of butter. Bake for two hours, using both radiators.

MACARONI WITH TOMATOES

Prepare macaroni as for baking. Put layer of tomatoes in pudding dish; cover with macaroni; season with salt, pepper and butter. Repeat this until the dish is full. Sprinkle cracker crumbs on the top with bits of butter. Bake slowly for an hour.

BREAD AND BISCUITS

In baking bread or biscuits the fireless cooker is a pronounced success, as it browns the crusts and bakes thoroughly without burning. The cooker is also an excellent place to set the sponge to rise, for the temperature is always the same, and no matter what condition the kitchen may be in over night, the sponge will be kept perfectly warm.

Use two radiators for baking bread, biscuits, cakes and pies, placing one radiator below bread or pastry rack and one above, and have only one pan of bread, cake or pie in the rack at a time. After the pastry has been cooking ten or fifteen minutes, if the cooker is not provided with a steam outlet, open and close the top quickly to let the steam escape. Do not open again until the full cooking time has elapsed. Opening the cooker and letting out the steam prevents the bread and pastry from becoming soggy and permits it to brown. The regular recipes can be used, but several are here given. A few experiments will enable one to make a satisfactory time schedule.

BREAD

4 potatoes
1 quart water
2 tablespoons salt
4 teaspoons sugar
1 cake compressed yeast
1 tablespoon lukewarm water
3 quarts flour
2 tablespoons lard

Boil the potatoes in the water. When thoroughly done, mash; add salt and sugar. Dissolve the yeast cake in lukewarm water; mix potato water and yeast together; place this in small aluminum

dish and leave over night in the cooker, so as to keep it warm and out of drafts. In the morning rub the lard into the flour; add the yeast; mix down, adding enough flour to make it stiff; place this in large aluminum pail and put it into the cooker to rise. When light, cut into loaves; work down smooth and put in the large aluminum vessel. Have the radiators hot and use them just the same as when roasting beef.

TEA BISCUITS

Follow the usual recipe and bake with two very hot radiators.

BOSTON BROWN BREAD No. 1

2 cups yellow corn meal
2 cups graham flour
1 cup wheat flour
1 teaspoon salt
3 teaspoons baking soda
1 cup hot water
1 cup New Orleans molasses
1 quart buttermilk
2 teaspoons melted lard or butter

Mix the corn meal, graham flour, wheat flour and salt thoroughly together. Dissolve the soda in the hot water. Whip all the liquids together; turn into the mixed flour; beat well and add the melted lard or butter. Bake in the cooker, using two very hot radiators, for about an hour and a half.

BROWN BREAD No. 2

1 quart buttermilk or sour milk
1 tablespoon melted butter
1½ tablespoons soda
1 tablespoon salt
1 cup New Orleans molasses
4 cups coarse graham flour
2 cups yellow corn meal
½ cup currants or raisins
1 teaspoon cinnamon
¾ teaspoon allspice
½ teaspoon nutmeg
¼ teaspoon ginger

Mix the first five ingredients thoroughly; add the flour and meal; mix well; add the fruit and spices. Bake for three hours, using two radiators.

The fruit and spices may be omitted if desired.

STEAMED GRAHAM BREAD

3 cups graham flour
1 teaspoon salt
1 cup molasses
1 cup white flour
3 teaspoons soda
2½ cups sour milk

Mix and cook the same as Boston Brown Bread, using one radiator.

CAKE

Any kind of cake can be baked in the fireless cooker; but different cakes require different heats, which can only be learned by experience. For instance: a batter with butter in it requires more heat than a light batter without butter. One must consider this fact in heating the radiators and in keeping the cake in the cooker. Use ordinary cake pans, placing same in bread and pastry rack which is furnished, using two radiators. It is a good plan after the cake has been in the cooker ten or fifteen minutes to open the top quickly and let the steam escape, if no steam outlet is provided. Below are a few recipes that have been well tried out on the fireless cooker.

ANGEL CAKE

1 cup sifted flour
1¼ cups sifted sugar
Whites of 8 to 10 eggs
Pinch of salt
½ teaspoon cream of tartar

Sift the flour four or five times before measuring; then sift and measure the sugar. Add the salt to the eggs; beat them to a froth; add cream of tartar and beat until very stiff. Stir in sugar; then flour, very lightly. Put in a pan in the pastry rack and bake between two moderately hot radiators.

SPONGE CAKE No. 1

2 eggs
1 cup sugar
1 cup flour
2 teaspoons baking powder
½ cup hot milk
1 teaspoon flavoring

Beat the yolks; stir into them the sugar and beaten whites; then fold in the flour and baking powder, well sifted. Add the hot milk and flavoring and bake for thirty minutes, using both radiators.

SPONGE CAKE No. 2

4 eggs
1 cup sugar
Juice and rind of ½ lemon
1 cup flour

Beat the yolks and whites of the eggs separately. Into the yolks stir the sugar, lemon and whites; then fold in the flour. Bake between two moderately hot radiators for twenty-five minutes.

CHRISTMAS CAKE

1½ pounds flour
1 teaspoon cinnamon
1 teaspoon nutmeg
¼ teaspoon cloves
⅔ teaspoon allspice
1 pound citron
1 pound currants
2 pounds seeded raisins
1 pound sugar
1 pound butter
12 eggs
⅔ cup currant jelly
1½ teaspoons soda
1 cup molasses
1 teaspoon salt
Dash of red pepper

Divide the flour into two parts; into one half put the cinnamon, nutmeg, cloves and allspice, and into the other mix the fruit. Cream the butter and sugar; add the eggs, well beaten, then the soda, dissolved in a little warm water and mixed with the molasses, salt and pepper. Put in round buttered pans and bake between two moderately hot radiators for two hours.

GINGERBREAD

¾ cup lard
1 cup sugar
3 eggs
1 cup molasses
1 tablespoon cloves
1 tablespoon mixed spices
1 tablespoon ginger
1 tablespoon soda
1 tablespoon hot water
Flour
1 cup boiling water

Cream the lard and sugar; add the other ingredients in the order named, dissolving the soda in the hot water before using.

SOUR-MILK CAKE

1 cup sour milk
1 cup sugar
½ cup butter
2 cups flour
1 egg
1 level teaspoon soda
½ cup chopped raisins
Spices to taste

Mix all well together. Bake in a loaf with two radiators.

NUT CAKE

½ cup butter
1 cup sugar
Yolks of 2 eggs
½ cup milk
2 cups flour
3 teaspoons baking powder
1 cup chopped nuts
Whites of 2 eggs

Chop the nutmeats and sprinkle with flour. Cream the butter, sugar and yolks; add the milk, then the flour in which the baking

powder has been sifted; then the nut-meats and, last, the well-whipped whites. Bake in layers or in round cake dish. Remove and ice with caramel icing and nut-meats. Bake with two radiators.

DRIED FRUITS

Dried fruits are especially satisfactory when prepared in the fireless cooker; for they can be cooked the long time that is necessary to their perfection, without danger of being broken or reduced to a mush.

APPLES

Wash the apples in cold water, soak over night and cook in the water in which they were soaked. Boil slowly for ten minutes, adding sugar, lemon and spices to taste. Place in cooker for six hours.

APRICOTS

Wash the fruit carefully and allow it to soak in cold water over night. Boil slowly for ten minutes in same water; add sugar to taste and place in cooker for four hours.

BLACK FIGS

Wash figs and soak over night in cold water. Boil slowly for five minutes in same water in which they were soaked; add sugar to taste; cook until sugar is dissolved; place in cooker for three or four hours. Serve cold with cream.

FIGS

Cut stems from figs; cover with cold water; add a slice of lemon and simmer for five minutes. Add sugar to taste and cook five minutes longer. Place in cooker for three hours.

DRIED PEACHES

Wash peaches in cold water; drain and cover with fresh water; allow to soak over night. Boil slowly for ten minutes in water in which they were soaked; add sugar to taste and place in cooker for four hours.

DRIED PEARS

Cook pears the same as peaches. A few whole cloves, a small piece of cinnamon and a slice of lemon added while pears are boiling will improve their flavor.

PRUNES

Wash the prunes in cold water; cover with fresh water and allow to soak over night. Simmer for five minutes in the same water in which they were soaked; add sugar to taste and when sugar is dissolved and the prunes boiling hot, place in the cooker for four hours.

BREAD PUDDING

2 tablespoons butter
Yolks of 4 eggs
5 tablespoons bread crumbs
Pinch of salt
Nutmeg if desired
Whites of 4 eggs
1 teaspoon baking powder

Cream the butter; add the yolks of the eggs and stir well; add the bread crumbs, salt and nutmeg; fold in the whipped whites of eggs; add the baking powder and pour into a pudding dish. Boil in a kettle of boiling water on the stove for fifteen minutes; then place in the cooker for one hour. Use two radiators.

COTTAGE PUDDING

1 cup sugar
¼ cup butter
1 egg
1 cup milk
2 cups flour
3 teaspoons baking powder

Take the sugar, butter and egg and beat well together; add the milk and the baking powder well sifted in the flour. Bake in shallow pan between two moderately hot radiators for twenty minutes. Serve with sauce.

FIG PUDDING

1 cup sugar
½ cup butter
½ cup water
4 level teaspoons baking powder
2⅓ cups flour
½ cup figs chopped fine
Whites of 4 eggs

Cream the butter; add the sugar gradually; sift the baking powder with the flour, and add milk and flour alternately; add

figs and fold in the whites of eggs. Pour mixture into buttered molds; place mold in kettle and add boiling water until it almost comes to top of molds. Boil fifteen minutes and place in cooker for two hours. Serve with hard sauce.

CHERRY PUDDING

Follow the recipe for Fig Pudding, adding one cup of fresh cherries. If the cherries are very juicy add about two tablespoons more of flour. Cooked cherries may be used: drain them and save the juice for sauce.

TAPIOCA AND APPLES

½ cup pearl tapioca
4 cups boiling water
¾ cup sugar
6 sour apples
1 teaspoon salt

Soak the tapioca in cold water for two hours. Drain and add the boiling water; boil five minutes; add the sugar and salt, and when the sugar is dissolved, place in the cooker for two hours. Pare and core the apples; cut into pieces or leave whole; place in buttered dish and cover with cooked tapioca. Bake until apples are soft. Serve with cream and sugar.

The minute tapioca may be used, and it needs no soaking.

TAPIOCA CUSTARD PUDDING

1 cup pearl or minute tapioca
1 cup water
3 cups milk
3 eggs
¾ cup sugar
1 teaspoon salt
1 tablespoon butter

Soak pearl tapioca in cold water one hour; drain and add water. Heat to boiling point; add milk, sugar and salt, cook slowly for five minutes, being careful not to let it burn. Place in cooker for two hours. Add the well-beaten eggs and butter. Pour the mixture into a buttered pan and bake until brown.

The minute tapioca needs no soaking.

OTHER PUDDINGS

Puddings which require considerable cooking are usually better if prepared by the fireless method. Rice pudding will require about five hours.

APPLE PIE

Line the plate with the crust. On the bottom scatter a quarter of a cup of sugar mixed with a tablespoon of flour, laying apples carefully up to the desired thickness. Sprinkle sugar on the top and put in small pieces of butter. Place in the cooker, using both radiators, for about forty-five minutes.

Any fruit pies can be baked in this manner.

CHERRY PIE

Stone ripe cherries; sweeten to taste; and sift a small quantity of flour over the fruit to thicken the juice. Bake in two crusts in the cooker for one hour.

CUSTARD PIE

Make a custard of two eggs, half a cup of sugar, a pint of milk, a little butter and flavoring. Make the paste in the usual way and put it in a round pie dish that will fit in the large compartment. Fill in the usual way and bake in the cooker with two radiators, one above the pie and the other below it.

LEMON PIE

1 cup boiling water	1 cup sugar
1 tablespoon cornstarch	¼ cup butter
1 tablespoon cold water	1 egg

Juice and rind of 1 lemon

Put the water into small saucepan and add cornstarch stirred smooth in cold water; when it boils after stirring, set off the stove and add butter and sugar, previously well stirred together. When cool add egg and lemon. Pour into crust in pan and remove to cooker, using both radiators. This will bake in twenty minutes. After baking, cover with meringue and place in the cabinet to brown, again using both radiators.

PUMPKIN PIE

2 eggs well beaten	2 cups milk
¾ cup sugar	1½ cups cooked pumpkin

Mix the ingredients; salt to taste, season with nutmeg, cinnamon, a little ginger and melted butter. Bake in the cooker one hour.

FROZEN DESSERTS

As the cookers retain cold as well as heat, any frozen dessert which does not require to be stirred—mousse or parfait, for instance—can be made in them. Set one pail inside the other, filling the outer one with chopped ice and salt and the inner one with the prepared mixture. Place in the cooker and let stand for about five hours. It is advisable to use containers other than those made of aluminum for this purpose, because salt brine attacks aluminum and may in time destroy it.

CHAFING-DISH COOKERY

What sweeter picture of domesticity than the Queen of Hearts presiding over the chafing dish!

—*Romance of a Youth.*

CHAFING-DISH COOKERY

WHEN the fryingpan, in the form of the chafing dish, first entered society it was regarded as a fashionable fad with which to entertain guests. It has long since proved its worth by introducing many a novice to the gentle art of cooking.

Where one is fortunate enough to have an electrically equipped home, the management of the chafing dish becomes child's play, an adventure in fairyland. Where alcohol is the fuel, a few practical suggestions may be worth while: Be sure that the lamp is filled and in working order. Place the equipment on a tray to protect the table from the heat. Have all ingredients ready before beginning to cook. When the dish requires steaming, use the hot-water pan to prevent burning. To cook food quickly, or to cook it brown, use only the blazer, properly heated.

BOUILLON

2 teaspoons beef extract
½ teaspoon onion juice
Salt and pepper
Pinch of mace
1 quart water

Heat the water; add the extract and seasonings. Serve in bouillon cups, with salted wafers.

SHRIMP WIGGLE

1 cup canned peas
1 small can shrimps
1 tablespoon butter
1 tablespoon flour
1 cup milk
½ teaspoon salt
Dash of red pepper

Melt the butter; stir in the flour and seasoning; then add the milk gradually. When it thickens empty into it the peas and shrimps; cover and when heated through serve in patty cups or on crackers.

CREAM OF TOMATO

1 can tomato soup
1 cup cream or milk

Heat the soup; stir in the cream or milk, preferably hot; add more seasoning if needed and a small piece of butter if milk is used instead of cream. Serve with salted wafers or buttered toast.

RINKTUM DITTY

2 tablespoons butter
2 cups grated cheese
1 cup tomatoes
½ teaspoon soda
Dash of paprika
Salt
Worcestershire sauce
1 egg

Melt the cheese in the butter; add the tomatoes, soda and seasoning, then the egg, well beaten. Serve on toast or crackers.

CHICKEN HOLLANDAISE

1 cup cold chicken
2 tablespoons butter
Salt and paprika
1 tablespoon lemon juice
¼ cup milk
1 egg

Cook the chicken in the butter for five minutes; add the seasoning and lemon juice. When thoroughly mixed add the milk and the egg, well beaten. Stir until it thickens and serve in patty cups or on crackers.

ENGLISH MONKEY

½ cup bread crumbs
½ cup milk
1 teaspoon butter
½ cup grated cheese
Salt and red pepper
1 egg

Soak the crumbs in the milk for twenty minutes. Melt the cheese in the butter; add the seasoning; stir in the soaked bread crumbs and cook several minutes. Then add the egg, well beaten, and as soon as that is stirred in serve on toasted soda crackers.

WELSH RAREBIT

1 tablespoon butter
1 pound American cheese
½ cup milk
1 egg
½ teaspoon mustard
1 teaspoon Worcestershire sauce
Salt and red pepper

Chop the cheese into fine pieces and melt them in the butter. Stir constantly and gradually add the milk. Beat the egg; mix

well with the seasoning and stir into the chafing dish. When the whole mixture is thoroughly heated pour it over toasted bread or crackers.

MEXICAN RAREBIT

½ tablespoon butter
1 small onion
1 pint can tomatoes
1 egg
Salt and red pepper

Cut the onion in small pieces and fry in the butter until brown. Then add the tomatoes and seasoning and cook until the tomatoes are tender. Just before serving add the egg, well beaten. Serve on toasted crackers.

MACARONI RAREBIT

1 cup boiled macaroni
1 tablespoon butter
½ cup grated cheese
½ teaspoon salt
½ teaspoon mustard
½ teaspoon paprika
2 eggs
½ cup milk
Squares of buttered toast

Heat the boiled macaroni in the butter, with the cheese and seasonings. When hot and the cheese melted, add the eggs, well beaten in the milk. Stir until the rarebit thickens and serve on toast.

MT. CLEMENS RAREBIT

6 ounces American cheese
2 ounces butter
2 chopped green peppers
½ can red kidney beans
Squares of buttered toast

Melt the cheese; add the butter, then the pepper, and last, the beans. When thoroughly hot serve on buttered toast.

CURRIED EGGS

4 hard-boiled eggs
1 cup cream sauce
½ teaspoon curry powder
Salt and pepper

Chop the eggs; heat thoroughly in the sauce; add curry powder, more salt and pepper, and serve in patty shells or on squares of buttered toast.

STIRRED EGGS

1 tablespoon butter
½ cup brown sauce
5 eggs
½ teaspoon salt
½ saltspoon pepper
1 tablespoon chopped parsley
Buttered toast

Melt the butter; add the gravy; when hot stir in the beaten eggs. Season and stir until the eggs thicken. Serve on toast and sprinkle with parsley.

TOMATO SCRAMBLE

1 tablespoon butter
4 eggs
4 tablespoons milk
½ teaspoon salt
½ saltspoon pepper
1 cup canned tomatoes

Melt the butter; stir in the eggs, well beaten with the milk; add the tomatoes after they have been drained; season and cook until the eggs thicken.

STOCK SCRAMBLE

1 cup stock
½ onion
½ sweet green pepper
6 eggs
Salt and red pepper

Beat the eggs very thoroughly in a shallow bowl. Place the stock in the chafing dish together with the onion and pepper, both finely chopped; cover and when hot throw in the eggs and scramble slightly. Season and serve with thin slices of bread and butter.

CHEESE SCRAMBLE

6 eggs
4 tablespoons milk
1 tablespoon butter
1 cup broken cheese
Salt and pepper

Beat the eggs thoroughly and stir into them the milk and seasoning. Melt the butter in the chafing dish; pour in the eggs and milk; then the cheese. Stir occasionally until the eggs are cooked. Serve with crisp crackers.

TERRAPIN

The prepared terrapin is best for use in the chafing dish and needs only to be thoroughly heated and seasoned. Add a little currant jelly and serve.

OYSTER PAN-ROAST

1 tablespoon butter
1 pint oysters
Salt and pepper
6 slices buttered toast

Put the butter in the chafing dish and when it melts add the oysters, washed, and the juice which has come from them, strained. Season; cover; cook for two minutes and serve on the buttered toast.

CREAMED OYSTERS AND CELERY

1 pint oysters
2 tablespoons butter
3 tablespoons flour
Milk
½ teaspoon salt
½ saltspoon pepper
½ saltspoon celery salt
Squares of buttered toast
½ cup chopped celery

Cook the oysters in their own liquor; skim; drain and reserve the liquor. Cook the flour in the butter; stir in gradually the oyster juice, to which milk has been added to make one and a half cups. Stir until the sauce thickens; reheat the oysters; season and serve on squares of buttered toast, sprinkling chopped celery over all.

PANNED OYSTERS

25 oysters
1 tablespoon butter
2 tablespoons currant jelly
Salt and pepper
Squares of toast

Melt the butter in the chafing dish; add the oysters and cook until the edges begin to curl; add the jelly; season and serve on small squares of toast.

ROASTED OYSTERS

Purchase oysters in the shell and wash them carefully in running water, using a stiff brush. Place them in a pan with the deep half of the shell down; put in a hot oven and bake untill the shells open. Take the oysters out with a sharp knife and toss them into a chafing dish, with pepper, salt and butter. Cover closely; bring to a boil and serve.

PIGS IN BLANKETS

Take as many oysters as you wish; wash and dry them. Roll each in a slice of thin bacon and fasten the ends with a wooden toothpick. Place them in the chafing dish and cock until the bacon is crisp.

LOBSTER À LA CRÈME

1½ cups boiled lobster
1 tablespoon butter
Salt and pepper
½ cup water
Yolks of 3 eggs
1 cup cream

Cut the lobster meat into small pieces and put it in the chafing dish with the butter, seasoning thoroughly. Pour the water over it; cook ten minutes; add the beaten yolks of the eggs and the cream. Bring all to a boil and serve.

LOBSTER STEW

1 small lobster
3 cups milk
Salt and pepper
Pinch of soda
3 buttered crackers
1 tablespoon butter
2 tablespoons flour

Cut the lobster meat into small bits. Scald the milk, stirring in the seasoning and soda. Dip the toasted buttered crackers in the hot milk and keep them warm. Add the butter and flour well rubbed together to the milk, and when it thickens add the lobster. Cook for five minutes and pour over the crackers.

DEVILED LOBSTER

2 cups boiled lobster
1 teaspoon curry powder
1 teaspoon mustard
¼ teaspoon salt
½ teaspoon Worcestershire sauce
4 tablespoons butter
Lettuce

Cut the lobster into small pieces; mix thoroughly with the one tablespoon of butter and the seasonings. Melt the rest of the butter; cook the lobster in it and serve on fresh lettuce leaves.

CLAMS À LA CREME

1 pint clams
2 tablespoons butter
Salt, pepper and nutmeg
Yolks of 2 eggs
½ cup cream
Buttered toast
1 tablespoon chopped parsley

Separate the hard from the soft parts of the clams and chop the hard parts fine. Melt the butter in the chafing dish; add a little salt, pepper and grated nutmeg, then the clams; bring all to a boil. Beat together the eggs and the cream; stir into the hot mixture; bring to a boil and serve on squares of buttered toast. Sprinkle the parsley lightly over the top.

CRAB À LA CRÈME

Prepare the same as Lobster à la Crème.

SHRIMP À LA CRÈME

Prepare the same as Lobster à la Crème.

CLAM AND EGG SCRAMBLE

1 dozen clams
5 eggs
4 tablespoons clam juice
1 tablespoon butter
Salt and pepper

Wash and scrub the clams; put them in a saucepan with half a cup of water; cover closely and cook until the shells open. Remove the clams and save the juice for bouillon or other purposes. Chop the clams fine. Beat the eggs slightly; add the clams and four tablespoons of the juice. Melt the butter in the chafing dish; turn in the mixture and stir over hot water until cooked to a soft scramble. Dust with salt and pepper and serve.

CLAM TOAST

1 dozen small clams
1 egg yolk
¼ cup scalded milk
4 slices buttered toast
Salt and pepper

Clean the clams; cut them into small pieces and simmer a few minutes. Beat the egg yolk; add slowly to the scalded milk; combine with the clams and just before serving add the seasoning. Pour over buttered toast.

CANVAS-BACK DUCKS

Roast the ducks for twenty minutes; serve whole; carve them at the table; lay them in the chafing dish with red pepper, salt, a large piece of butter, half a glass of currant jelly and an equal quantity of grape juice. Simmer a few minutes and serve.

SARDINE SAVORY

1 box sardines
1 cup brown sauce
Anchovy essence
1 tablespoon sardine oil

Remove the sardines from the box and heat them thoroughly in the brown sauce; season with anchovy essence and sardine oil. Serve with egg sandwiches made from graham or rye bread.

CREAMED SARDINES

1 box sardines
1 cup cream sauce
1 chopped hard-boiled egg
1 tablespoon chopped parsley

Drain the sardines from their oil, and if they are not boneless, remove the bones. Heat thoroughly in the sauce; add the egg and parsley; serve on squares of toasted bread or crackers.

FROG SADDLES

Frogs' legs
3 tablespoons butter
1½ tablespoons flour
½ cup cream
Salt and pepper
Few gratings of nutmeg

Melt the butter; add the flour; stir until smooth; add the cream gradually and stir until boiling. Put in the legs; season and cover; cook twenty minutes, adding more cream if necessary.

QUAIL

2 plump quail
2 tablespoons butter
½ cup seasoned broth
½ cup currant jelly
1 teaspoon onion
Salt and pepper
Celery salt
1 tablespoon mushroom catsup

Split the birds open down the back. Put the butter in the chafing dish and brown slightly; put in the birds and cook about ten minutes, turning once. When nicely browned add the broth, jelly, catsup, onion juice and other seasonings.

FRIZZLE-DIZZLE

2 ounces smoked dried beef
2 tablespoons butter
3 eggs
2 tablespoons grated cheese
Dash of red pepper

Remove all fat and gristle from the beef; tear into small pieces and cook slightly in the butter. Add the beaten eggs, cheese and red pepper; scramble and serve with crisp crackers.

VEAL WITH ASPARAGUS TIPS

2 cups cooked veal
1 cup cooked asparagus tips
1 tablespoon butter
Yolks of 2 hard-boiled eggs
1 cup milk
Salt and pepper

Rub the yolks and butter to a paste; heat with the milk in the chafing dish, stirring until thoroughly mixed. Put in the veal and asparagus; season; cook five minutes and serve.

DEVILED MEAT

Cold mutton, chicken or other meat
1 tablespoon butter
1 teaspoon vinegar
1 teaspoon Worcestershire sauce
¼ teaspoon mustard
Dash of cayenne

Make a sauce of the butter, vinegar and seasonings. Make cuts in the meat; rub the sauce into them; and grill in a hot chafing dish that has been rubbed with a little butter.

BEEF CHAUFFÉ

Slices of cold roast beef
1 tablespoon butter
3 tablespoons jelly
Salt and red pepper
¼ cup water

Melt the butter; add the jelly, seasonings, water and beef. Cover and cook until the beef is thoroughly hot.

MUSHROOMS WITH BACON

8 slices bacon
Mushrooms

Fry the bacon in the usual way; just before it is done add the mushroons; fry and serve.

TOMATO CURRY

2 cups tomatoes
1 tablespoon butter
2 tablespoons flour
1 tablespoon curry
Salt and red pepper
Pinch of soda
1 cup cream

Cook the tomatoes in the chafing dish; add the flour, well rubbed in the butter, also the curry, salt and a dash of red pepper. When the mixture thickens add a pinch of soda; stir and add the cream. Serve on toasted bread or crackers.

MACARONI MILANAISE

2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
¼ teaspoon paprika
½ cup brown stock
½ cup strained tomatoes
1 cup cooked macaroni
¼ cup Parmesan cheese

Make a sauce of the first six ingredients; add the macaroni and when that is hot, the cheese. Lift and relift the macaroni until it is thoroughly blended with the mixture.

APPLE DAINTY

4 tart apples
Juice of ½ lemon
Dash of nutmeg
1 tablespoon granulated sugar
1 tablespoon butter
2 tablespoons powdered sugar
1 teaspoon cinnamon

Pare and core the apples; cut them into slices half an inch thick; cook with the lemon, nutmeg and granulated sugar, keeping the cover on the pan. When tender, sauté in butter; dust with powdered sugar and cinnamon and serve.

FIG DAINTY

½ pound whole figs
½ cup chopped nuts
Juice of ½ lemon
Dash of nutmeg
3 tablespoons sugar
½ cup water

Mix the ingredients; cover and cook until tender. Serve with coffee and plain bread and butter sandwiches.

SALTED ALMONDS

1 tablespoon olive oil
½ pound almonds
Salt

Heat the oil; add the blanched almonds (which must be dry); cook to a delicate brown, shaking the dish constantly and stirring to prevent burning. Drain the almonds on paper, sprinkling them with fine salt.

CANDY

Fudge, pinoche, pralines and many other kinds of candy may be made in the chafing dish. See chapter on "Candy."

CASSEROLE COOKERY

Smother the flavors and let them simmer, accumulating compound interest in their casserole safeholds.

— *Quaint Tales.*

CASSEROLE COOKERY

THE French, more than any other nation, know the value of "smothered cooking," for such is cooking *en casserole.* This process develops the flavor of the many foods which are necessarily better if cooked by long, slow heat; and renders cheaper foods more palatable than many expensive ones. For this reason it would be worth the while of the American housekeeper to study the casserole method. Then, if she is thrifty, she will serve instead of expensive sirloin steak, rump steak en casserole at much less cost. Instead of roasting she will buy stewing meats at about half the price; instead of an untempting hash she will have some dainty, tasty viand (made from left-overs) in ramekins. And her family will in no wise suffer by her economy.

Casserole dishes, either of earthenware or of tempered glassware, are always pleasing, their quaint artistic shapes making even a very common article of food look interesting and attractive. All casserole and ramekin foods are served in the dishes in which they are cooked; so there is no loss of heat in transference. The ramekins, or little individual fire-proof baking dishes, should rest upon paper or linen doilies.

CHICKEN EN CASSEROLE

1 chicken
2 tablespoons butter
2 cups hot water
6 mushrooms
1 carrot cut in cubes
2 potatoes cut in cubes
3 small onions sliced
Salt and pepper
Flour and water

Prepare the chicken as for fricassee; sauté in butter in a frying pan; transfer to casserole; add hot water and cook in a moderate oven for about one hour and a quarter. Before the

time is up sauté the vegetables in butter until brown; remove to the casserole; add the seasoning; cover and return to the oven for another half hour. To retain the flavor press dough upon the dish where vessel and cover meet; remove before serving.

BEEFSTEAK EN CASSEROLE

1 pound round steak
2 carrots cut in cubes
2 turnips cut in cubes
½ dozen tiny onions
1 bay leaf
½ tablespoon kitchen bouquet
1½ cups boiling water
Salt and pepper

Have the steak one or one and a half inches thick; leave it whole or cut it into large square pieces; sear on both sides in a hot frying pan; then remove to the casserole, with the other ingredients. Cover and cook gently for about an hour and a half.

The sticking piece, shinbone and brisket may also be served en casserole, but will require longer cooking.

LAMB EN CASSEROLE

1 pound lamb (fresh or cooked)
Butter
Salt and pepper
2 carrots cut in cubes
2 tablespoons chopped onion
1 tablespoon drippings
1 potato cut in cubes
1 cup brown sauce
1 tablespoon currant jelly

Have the lamb cut in a slice or slices one or one and a half inches thick; sear in a frying pan; put in the casserole, brushing first with butter and seasoning. Cook until tender; parboil the carrots and sauté them in the drippings with the onion; add the carrots, the potatoes and brown sauce to the meat; cook until the potatoes and carrots are tender and serve from the casserole.

CASSEROLE ROAST

3 or 4 pounds beef
Slice of salt pork
¼ carrot
¼ turnip
¼ onion
A few peppercorns
Stalk of celery chopped
2 cups water or stock

For this roast select beef from the round or rump. Render out the pork; brown the meat on both sides in the fat. Chop the vegetables; put the meat in the casserole with the vegetables around it; add the water or stock and cook in a hot oven for three hours, basting occasionally. When done make a brown sauce, using the juice left in the casserole.

Courtesy of the Guernsey Earthenware Co.

DAINTY LUNCHEON EN CASSEROLE

CASSEROLE HASH

1/4 pound macaroni	Grated cheese
Butter	Cold chopped meat

Brown sauce or stock

Boil the macaroni; drain and put it in a buttered casserole with a little butter and grated cheese. Push the macaroni to the sides of the dish; fill the center with the meat, well seasoned and moistened with brown sauce or meat stock. Place in the oven until hot throughout and serve.

BAKED BEANS EN CASSEROLE

See recipe in chapter on "Meat Substitutes."

MACARONI IN RAMEKINS

See recipe for Baked Macaroni with Cheese in chapter on "Meat Substitutes"; but bake in ramekins.

RICE IN RAMEKINS

See recipe for Baked Rice in chapter on "Meat Substitutes"; but bake in ramekins.

BROWN FRICASSEE OF OYSTERS

2 tablespoons butter	1/2 cup oyster juice
2 1/2 tablespoons flour	1/4 cup cream
2 slices onion	25 oysters
Sprig of parsley	Salt

Buttered bread crumbs

Scald the oysters in their own liquor and drain. Cook the flour in the butter; add the onion and brown; add parsley and oyster juice; cook until it thickens and add the cream. Add oysters and salt; pour into ramekins; cover with fine crumbs and brown in the oven.

SCALLOPED OYSTERS IN RAMEKINS

Follow the recipe for Scalloped Oysters given in the chapter on "Fish"; but use ramekins for baking.

HALIBUT AU GRATIN

1½ cups cooked halibut
3 hard boiled eggs
1½ cups cream sauce
1 cup cracker crumbs
4 tablespoons butter

Pick the halibut into small pieces; crush the yolks of the eggs and chop the whites into small pieces. Stir fish and eggs into the hot cream sauce. Fill ramekins with the mixture; cover with crumbs and bits of butter and brown in the oven.

SALMON AU GRATIN

Prepare the same as Halibut au Gratin.

EGGS IN RAMEKINS

Prepare the same as Halibut au Gratin.

In the bottom of each ramekin put a small piece of butter and a few fine bread crumbs; break an egg into each; season and bake until the egg is set.

CHICKEN IN RAMEKINS

1½ cups cold chicken
1 cup cream sauce
Few gratings of nutmeg
Buttered bread crumbs

Mix the chicken thoroughly with the cream sauce; add the nutmeg and empty into buttered ramekins. Cover with buttered bread crumbs and bake until brown.

Cold beef, lamb and veal may be served in the same manner.

SHIN MEAT EN CASSEROLE

2 pounds shinbone
2 cups carrots
½ cup onion
1 cup celery
1 teaspoon salt
1 cup boiling water
½ saltspoon pepper
2 tablespoons flour

Cut the meat from the bone in two-inch pieces; remove the marrow from bone. Put part of the marrow into the bottom of the casserole, then half the meat, half the vegetables, the rest of meat and seasoning and the marrow over the top; place in hot oven twenty minutes, covered. Add one cup boiling water; cover; reduce the heat and let bake slowly two and a half hours, or until tender, in bottom of oven. Once or twice water must be added. When the meat is tender, add the flour mixed with a little cold water.

SWEETBREADS EN CASSEROLE

2 pair sweetbreads
12 lardoons salt pork
4 tablespoons butter
1 cup veal broth
½ cup celery, onion and carrot, chopped
6 mushroom caps
½ cup thick cream
Salt and paprika
1 pint cooked peas

Let the sweetbreads stand an hour or longer in cold water, changing the water several times and removing unedible portions; drain, cover with boiling water, and let simmer ten minutes; let chill in cold water; then draw into the best side of each lardoons of fat salt pork. Melt the butter in a frying pan and in this brown the sweetbreads; set in the casserole; add veal broth (highly seasoned with half a cup of cut celery, onion and carrot, tied in a muslin for removal) to half cover the sweetbreads; cover with lid and let simmer in the oven nearly an hour. Sauté mushroom caps in butter and add these to the casserole; let cook fifteen minutes, when the broth should be well reduced; add cream, salt and paprika to season and hot cooked peas, letting the peas settle to the bottom of the dish and drawing the sweetbreads and mushrooms above them.

VEAL COLLOPS EN CASSEROLE

2 pounds veal (from leg)
2 bits of salt pork
4 tablespoons pork fat
1 onion
4 cloves
2 sprigs parsley
Water
1 green pepper, chopped
1 tablespoon butter
3 tomatoes
Salt to taste

Have the veal cut in slices about three-fourths of an inch in thickness; cut these in pieces for serving, and into each draw a bit of salt pork. Cook hot pork fat until nicely browned; remove to the casserole and add an onion into which four cloves have been pressed, parsley, and stock or boiling water nearly to cover the veal. Sauté a green pepper, chopped fine, in a tablespoon of butter, and add this, with the tomatoes cut in pieces, also salt to season; cover the dish, and let cook in a moderate oven about an hour and a half. If desired the liquid may be thickened with flour mixed with cold water to a thin paste. Remove the onion and parsley before serving.

SIMPLE MENUS FOR A WEEK'S MEALS

Breakfast	Luncheon, or Supper	Dinner
Grape Fruit Corn Meal with Dates Ham Omelet Buttered Toast Coffee	Cream of Tomato Soup Lettuce and Potato Salad Graham Bread Cheese Relish Cocoa	Vegetable Soup Mock Rabbit Brown Potatoes Cauliflower au Gratin Prune Whip Coffee
Stewed Prunes Fried Mush Shirred Eggs Hot Rolls Coffee	Ham Patties Hot Rolls Currant Jelly Milk Cookies	Consommé Roast Veal String Beans Lettuce Salad Canned Fruit Sponge Cake
Fruit Oatmeal Bacon and Eggs Popovers Coffee	Curry of Veal Stewed Tomatoes Lettuce Cinnamon Toast Tea	Ambrosia Lamb Chops with Peas Baked Potatoes Ripe Olives Rice Pudding Coffee
Sliced Oranges Uncooked Cereal Mackerel Corn Bread Coffee	Creamed Frizzled Beef Graham Bread Bread Pudding Cocoa	Haricot of Mutton Mashed Potatoes Stewed Rhubarb Cottage Pudding Coffee
Wheat Cereal with Raisins Beauregard Eggs Hot Rolls Coffee	Salmon Surprise Water Cress Salad Egg Muffins Stewed Fruit	Clam Chowder Baked Macaroni with Cheese or Fish Spinach Lettuce Salad Fruit Sweet Wafers Coffee
Stewed Rhubarb Cream of Wheat Soft-boiled Eggs Griddle Cakes Coffee	Fish or Meat Croquettes Creamed Peas Tea or Coffee	Cream of Spinach Soup Boiled Beef's Tongue Candied Sweet Potatoes Fruit Salad Bavarian Cream Coffee
Fruit Uncooked Cereal Boston Baked Beans Brown Bread Coffee	Cold Tongue Lemon Butter Tea Biscuit Cheese Cocoa with Whipped Cream	Grape Fruit Cocktail Roast Beef with Yorkshire Pudding Creamed Celery Brown Potatoes Combination Salad Frozen Custard Chocolate Wafers Coffee

Before attempting to make menus, a study of Balanced Rations would be helpful. Each class of food should be represented in a day's meals. Hearty desserts should not follow meals containing rich dishes.

BALANCED RATIONS

Dis moi ce que tu manges, je te dirai ce que tu es.
(*Tell me what you eat, and I will tell you what you are.*)
—BRILLAT SAVARIN: *Physiology of Taste.*

BALANCED RATIONS

THE word "rations" may be defined as a daily food allowance. If meals formed from such rations contain the food nutrients —proteins, fats, carbohydrates, and mineral matters—in the proper proportions, they are balanced meals, and the rations are balanced rations. Such rations and such meals would fully supply the body's needs for energy, growth, and repair.

On the other hand, meals containing only one class of food nutrients would not be balanced. For instance, a diet of starch foods, as bread, cereals and potatoes, or a diet of protein foods, as meat, beans and cheese, would quickly impair health and efficiency, unless balanced by the addition of foods from other classes. Evidently, then, the housewife should know the different kinds of foods depended on by the body for its various needs, and how those needs can be met with the food materials at her command. With such knowledge, she can plan daily menus intelligently and maintain her family in health.

In a previous chapter the human body was compared to an engine, because, like the engine, it burns fuel which yields heat and energy, from which in turn it derives its ability to perform work. Here the comparison ends, because the body uses food not only to develop energy, but also to build and repair its own structure.

For this twofold purpose, nature has provided an abundant variety of food materials. All these foods, when burned in the body, yield heat and energy, and nearly all build up muscular tissue which is used in body-building. The foods which are highest in body-building and repair value, as meats, eggs, or meat substitutes, are grouped as protein foods, and the foods which are highest in fuel value, as fat, starch, and sugar foods, are called

carbohydrates. Still another class of foods, chiefly vegetables and fruits, provide bulk and mineral matters.

Calories.—The manner in which scientists measure the fuel value—that is, the amount of heat and energy given off by a certain food when burned in the body—is interesting. Heat can be measured only by a change of temperature, not by weight or length. The heat measure cannot be a pound or a yard; it must be a definite quantity of heat. If a pint of water (or a pound, which is the same thing) is raised four degrees in temperature, say from 40 degrees to 44 degrees, or 70 degrees to 74 degrees, a certain amount of heat is required. This amount of heat is called a calorie; therefore a calorie is simply the amount of heat or energy given off by the body in burning up a certain amount of food.

If one ounce of protein, the fibrin of lean meat, for example, is burned in the body, it will yield a little more than 113 calories of heat. That is, one ounce of protein will give off a little more than 113 times the amount of heat required to raise the temperature of a pint of water four degrees. A pound of protein would equal 1820 calories of energy.

If one ounce of pure sugar is burned in the body, it will yield a little more than 113 calories. One pound of sugar will supply 1820 calories.

If one ounce of fat is burned in the body, the result will be about 255 calories; and one pound of fat will yield 4040 calories.

It will be noted at a glance that the heat value of fat is more than double the heat value of lean meat or sugar, a fact that is proved by daily experience.

Scientists have shown that a man who does average muscular work, a carpenter for instance, requires food sufficient, when burned in his body, to yield about 3400 calories of energy daily to enable him to do his work. Now, seven-eighths of a pound of fat, or two pounds of sugar, or two pounds of lean meat would provide approximately the number of calories required; but it is very evident that either the fat or the sugar would be a very poor ration, for the reason that both foods are practically pure fuel, and would

leave nothing for bulk or repair. Work, and even life itself, on such a ration for any length of time would be almost impossible. The lean meat ration would be little better. If, on the other hand, this same amount of energy were derived from a variety of food materials which provide for restoring broken down tissues as well as for energy, the day's work could be performed with ease and efficiency.

Fortunately, nature does not require a scientific knowledge of calories for normal good health; neither does she require that each person consume an exact number in the day's ration, and no more. She is far kinder and more liberal than that. She has provided us with an abundance of foods for body-building, for fuel and energy, for bulk, and for necessary mineral matters. These foods have been carefully studied by scientists and grouped as to their various uses and properties.

What the intelligent cook chiefly needs is a familiarity with these food groups, and a knowledge of what the particular foods of each group may be depended upon to do in the body. She can then plan the family meals so that they will contain the proper amount of material from each group necessary for good health and efficiency. The human body is so adaptable that it is not necessary that each meal should be balanced with scientific accuracy, even if that were possible. If on the whole, from day to day and week to week, the various elements are provided for and eaten, the meals will be sufficiently balanced.

FOOD GROUPS AND THEIR USES

GROUP 1.—Foods depended on for protein; that is, foods in which the principal parts of the nutrient is in form of *protein:* milk, skim milk, cheese, eggs, meat, poultry, fish, dried peas, beans, lentils, and some of the nuts. Especially useful for repair and body-building material.

GROUP 2.—Foods depended on for fat; that is, foods in which the principal part of the nutrient is in the form of *fat:* butter, cream, lard, suet, and other cooking fats, salt pork, bacon, table and salad oils. All have a very high fuel value.

GROUP 3.—Foods depended on for starch; that is, carbohydrate foods in which the principal part of the nutrient is in the form of *starch:* the cereals—wheat, corn, oats, rice, rye, barley—and their products, breakfast foods, bread, crackers, macaroni, cakes, cookies, puddings; also potatoes and other starchy vegetables. Used as fuel, and in excess, stored in the body as fat.

GROUP 4.—Foods depended on for sugar; that is, carbohydrate foods in which the principal nutrient is *sugar:* sugar, molasses, syrups, honey, candies, fruits, sweet cakes, and desserts. A form of fuel which is quickly utilized in the body.

GROUP 5.—Foods depended on for *mineral matters;* that is, foods not rich in nutrients but which supply iron, vitamins, vegetable acids, cellulose, and other body-regulating substances: fruits and vegetables, apples, pears, oranges, lemons, bananas, berries, melons, salads, lettuce, spinach, potatoes and root vegetables, green peas and beans, tomatoes, squash, etc.

Vitamins.—In addition to a familiarity with the various food groups, the good cook should know something about vitamins. By vitamins is understood certain life-giving substances whose presence in the body is essential to normal growth and health. If omitted from the diet for any great length of time, the so-called "deficiency diseases" arising from malnutrition are likely to develop.

Vitamins are present in some foods, but absent in others. It is therefore of the utmost importance to know which foods contain these life-giving elements, so that they may be included in the daily diet. Some of them are soluble in fat, others are soluble in water.

Whole milk and butter are especially rich in the *fat-soluble vitamin*, recognized by scientists as vitamin A. For this reason milk and butter are absolutely essential to the growth and health of children. Skimping on milk and milk products is certain to retard the child's development and expose it to the many evils which follow malnutrition. Codliver oil is another source, being more than two hundred times as rich in the valuable vitamin A as butter. This vitamin is also present in the yolks of eggs, in animal fats, in

green-leaf vegetables, such as young cabbage, and in most yellow vegetables, such as carrots.

The *water-soluble vitamin*, known to scientists as vitamin B, is present in most foods, especially in fruits, vegetables and whole grain cereal products. It is absent in foods which have been "purified," such as white flour, cornstarch, polished rice, refined sugar, and most table oils, all of which in their natural state contain vitamins. Vitamin B supplies the nervous reserve so necessary to combat neuritis.

Another *water-soluble* vitamin is recognized by scientists as vitamin C. This is found abundantly in all citrus-fruit juices, in lemons, oranges, grape-fruit, and in green vegetables. Tomatoes and white potatoes are a valuable source of vitamin C. Vitamin C is the accepted preventive and cure for scurvy.

Since an abundant supply of vitamins exists in all fresh vegetable foods, in milk and in meat from animals fed on fresh foods, the normal adult living on a well-balanced diet is certain to obtain a plentiful supply. But the diet of growing children must be watched carefully to see that they get a proper proportion. Fortunately, vitamins A, B, and C are all found in whole milk. Children suffering from rickets and other diseases of under-nourishment have frequently been cured by a liberal diet of foods that contain vitamin A.

It should be remembered that all the vitamins are easily destroyed by excessive cooking or sterilization. Fresh foods, and those that have been properly cooked, contain the helpful element in greatest measure. While canned foods and other dried vegetables and fruits may be necessary for economy and convenience, or to give bulk to the diet, they should never be used to the exclusion of green-leaf vegetables and fruits.

The Graphic Charts on the following pages show the composition of—

Milk	Eggs
Cheese	Oatmeal
Potatoes	Butter
White Bread	Beef

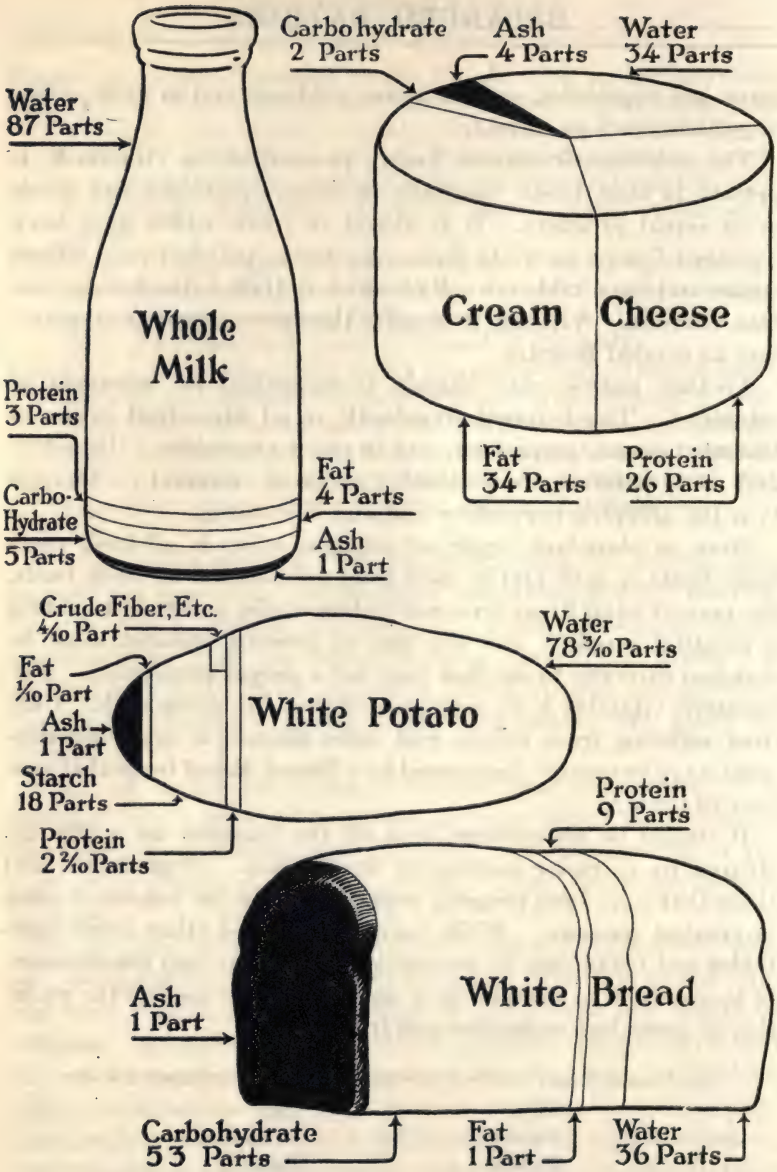


CHART SHOWING THE COMPOSITION OF FOODS

L—L

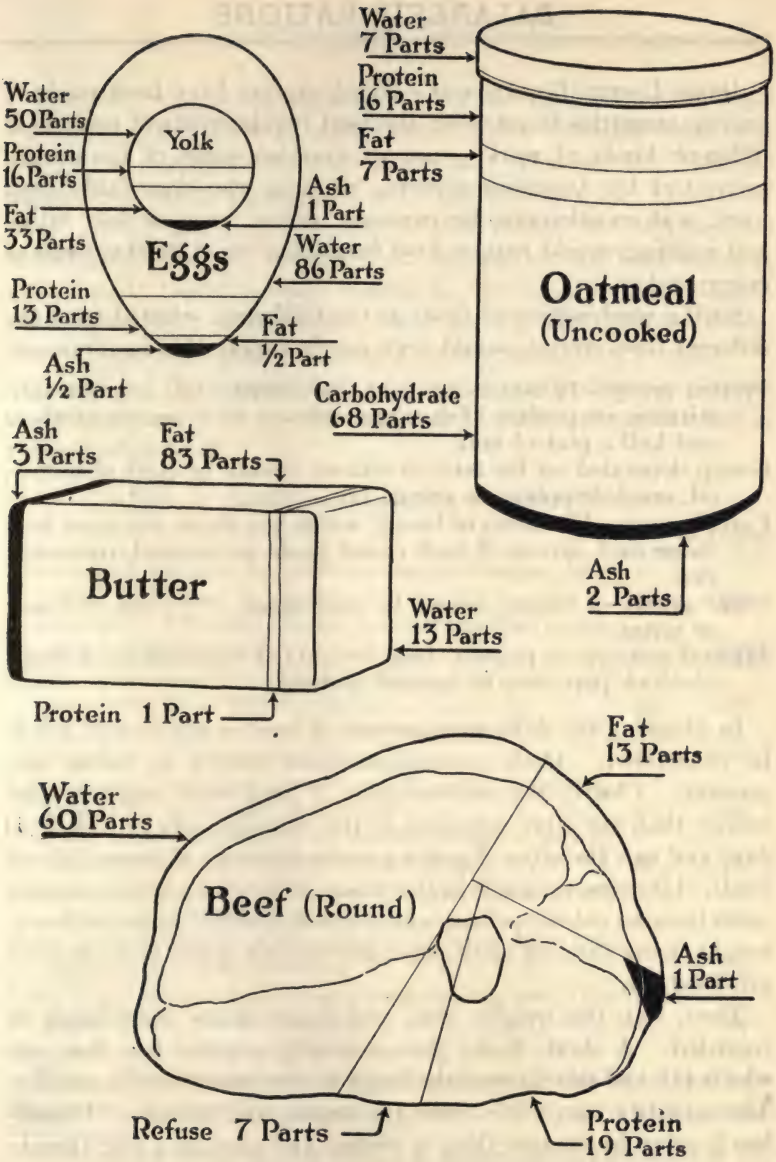


CHART SHOWING THE COMPOSITION OF FOODS

powder has been sifted; then the nut-meats and, last, the well-whipped whites. Bake in layers or in round cake dish. Remove and ice with caramel icing and nut-meats. Bake with two radiators.

DRIED FRUITS

Dried fruits are especially satisfactory when prepared in the fireless cooker; for they can be cooked the long time that is necessary to their perfection, without danger of being broken or reduced to a mush.

APPLES

Wash the apples in cold water, soak over night and cook in the water in which they were soaked. Boil slowly for ten minutes, adding sugar, lemon and spices to taste. Place in cooker for six hours.

APRICOTS

Wash the fruit carefully and allow it to soak in cold water over night. Boil slowly for ten minutes in same water; add sugar to taste and place in cooker for four hours.

BLACK FIGS

Wash figs and soak over night in cold water. Boil slowly for five minutes in same water in which they were soaked; add sugar to taste; cook until sugar is dissolved; place in cooker for three or four hours. Serve cold with cream.

FIGS

Cut stems from figs; cover with cold water; add a slice of lemon and simmer for five minutes. Add sugar to taste and cook five minutes longer. Place in cooker for three hours.

DRIED PEACHES

Wash peaches in cold water; drain and cover with fresh water; allow to soak over night. Boil slowly for ten minutes in water in which they were soaked; add sugar to taste and place in cooker for four hours.

DRIED PEARS

Cook pears the same as peaches. A few whole cloves, a small piece of cinnamon and a slice of lemon added while pears are boiling will improve their flavor.

PRUNES

Wash the prunes in cold water; cover with fresh water and allow to soak over night. Simmer for five minutes in the same water in which they were soaked; add sugar to taste and when sugar is dissolved and the prunes boiling hot, place in the cooker for four hours.

BREAD PUDDING

2 tablespoons butter
Yolks of 4 eggs
5 tablespoons bread crumbs
Pinch of salt
Nutmeg if desired
Whites of 4 eggs
1 teaspoon baking powder

Cream the butter; add the yolks of the eggs and stir well; add the bread crumbs, salt and nutmeg; fold in the whipped whites of eggs; add the baking powder and pour into a pudding dish. Boil in a kettle of boiling water on the stove for fifteen minutes; then place in the cooker for one hour. Use two radiators.

COTTAGE PUDDING

1 cup sugar
¼ cup butter
1 egg
1 cup milk
2 cups flour
3 teaspoons baking powder

Take the sugar, butter and egg and beat well together; add the milk and the baking powder well sifted in the flour. Bake in shallow pan between two moderately hot radiators for twenty minutes. Serve with sauce.

FIG PUDDING

1 cup sugar
½ cup butter
½ cup water
4 level teaspoons baking powder
2⅓ cups flour
½ cup figs chopped fine
Whites of 4 eggs

Cream the butter; add the sugar gradually; sift the baking powder with the flour, and add milk and flour alternately; add

		100-Calorie Portions
40 × 1 pound oil, shortening fat, suet	=	40
34 × 2 pounds butter	=	68
28 × 1 pound bacon	=	28
10 × 2 pounds cream and nuts in shell	=	20
		156

This would equal 15,600 calories, which is sufficiently accurate.

No. 3. U. S. Department of Agriculture chart showing bread and other cereal foods which supply together about 240 one-hundred-caloric portions, or 24,000 calories. Any other combination of cereal foods equivalent to 15 pounds of dry cereals would furnish about the same amount of body fuel. This proportion may be raised or lowered by half. See note, page 431.

The separate items are: Flour (20 cups), 5 pounds; rolled oats (2½ to 3 cups), ½ pound; cornmeal (1½ cups), ½ pound; rice (1 cup), ½ pound; macaroni, ½ pound; ready-to-eat breakfast cereal (5 to 6 cups), ½ pound; total dry cereal foods, 7½ pounds. Bread and rolls, 10 pounds.

How to Estimate the Food Value of Cereal Foods

Dry cereals average about 16 one-hundred-calorie portions per pound. Bread and rolls average about 12 one-hundred-calorie portions per pound. At a rough estimate, three-fourths of the weight of bread and rolls is flour. Three-fourths of the ten pounds above is 7½ pounds, which, added to the 7½ pounds of cereals, equals 15 pounds of dry cereals food. 15 × 16 equals 240 one-hundred-calorie portions, or 24,000 calories, which is the required amount. Or,

		100-Calorie Portions
16 × 7½ pounds of dry cereals	=	120
12 × 10 pounds of bread and rolls	=	120
		240

which afford the same number of calories.

No. 4. U. S. Department of Agriculture chart showing sugar and other sweet foods, which together supply about 80 one-hundred-calorie portions, or 8000 calories. Any other combination of such foods which furnishes about 4½ pounds of sugar would supply about the same amount of body fuel.

The separate items are: Granulated sugar (4 cups), 2 pounds; loaf sugar, ¼ pound; candy, ¾ pound; honey (about ⅔ cup), ½ pound; syrup (about ⅔ cup), ½ pound; molasses (about ⅔ cup), ½ pound; jelly, ½ pound; total 5 pounds.

GROUP NO. 3. A WEEK'S SUPPLY OF CEREAL FOODS

GROUP NO 4. A WEEK'S SUPPLY OF SUGAR AND OTHER SWEETS

How to Estimate the Fuel Value of Sugar and Other Sweets

Sugar and candy average about 18 one-hundred-calorie portions per pound. Thick sirups (honey, sirup, molasses) average about 13½ one-hundred-calorie portions per pound. Jelly, jams, marmalades, and rich preserves average about 9 one-hundred-calorie portions per pound. At a rough estimate the above items would equal about 4½ pounds of sugar. 18 × 4½ would equal 81 one hundred calorie portions; or

	100-Calorie Portions
18 × 3 pounds sugar and candy	= 54
13½ × 1½ pounds of honey, sirup, and molasses	= 20¼
9 × ½ pounds jelly	= 4½
	78¾

This would equal 7875 calories, which is slightly below the required amount, but sufficiently accurate.

No. 5. U. S. Department of Agriculture chart showing vegetables and fruits fresh, canned, and dried, which together supply about 160 one-hundred-calorie portions, or 16,000 calories. Any other combination of ordinary vegetables and fruits equivalent to 70 pounds of fresh material would supply about the same amount of body fuel. If more bulk is needed in the diet, it is better to supply it from vegetables and fruits than from the richer foods.

The separate items are:

Fresh Vegetables and Fruits: White potatoes (½ peck), 7 pounds; sweet potatoes (½ peck), 7 pounds; asparagus, 2 pounds; beets, with greens, 2 pounds; carrots, 2 pounds; cabbage, 2 pounds; squash, 2 pounds; turnips, 2 pounds; celery, 1 pound; lettuce, 1 pound; onions, 2 pounds; tomatoes (4 medium-sized), 1 pound; rhubarb, 1 pound; bananas (1 dozen), 3 pounds; oranges (½ dozen), 3 pounds; apples (8 medium-sized), 3 pounds; pineapple (one), 2 pounds; strawberries (1 quart), 1 pound; total, 44 pounds.

Canned Vegetables and Fruits: Peas (1 quart), 2 pounds; string beans (1 quart), 2 pounds; cherries (1 quart), 2 pounds; peaches (1 quart), 2 pounds; total, 8 pounds.

Dried Vegetables and Fruits: Lima beans, 2 pounds; raisins, 1 pound; total, 3 pounds.

How to Estimate the Fuel Value of Vegetables and Fruits

Fresh and canned vegetables and fruits as used in most households average about 225 calories, or 2¼ one-hundred-calorie portions, per pound; canned foods such as peas, string beans, cherries, and peaches, having about the same fuel value as if they were fresh weight. Dried vegetables and fruits have about six times the fuel

value of these foods fresh weight, or about 1350 calories—13½ one-hundred-calorie portions—per pound. Counting the 3 pounds dried vegetables and fruits as 18 pounds fresh weight, the above items would total 70 pounds fresh weight. Therefore, 2¼ × 70 pounds fresh weight would equal 157½ one-hundred-calorie portions; or

		100-Calorie Portions
2¼ × 52 pounds fresh and canned weight	=	117
13½ × 3 pounds dried weight	=	40½
		157½

This would equal 15,750 calories, or a little less than the required estimate.

The larger the proportion of fresh vegetables and fruits to those canned and dried the better.

From the foregoing it is clear that if the weekly food supply is satisfactory, the exact make-up of each meal is not important. It is well to do a certain amount of balancing from day to day, although the habit of providing all the required kinds of foods regularly will save unnecessary time and thought in this direction. If the housekeeper will keep a record of the foods used during the week, she will have little difficulty in securing a satisfactory result. An account book, or a set of cards, should be kept for this purpose, showing the date, the kinds of food, with weight, measure, and cost, listed under their proper headings: Milk, Meat, Eggs, and Similar Protein Foods; Fat Foods; Cereal Foods; Sugar and Sweets; Vegetables and Fruits. With these facts in hand, the fuel value can be roughly estimated by weight, or in calories, by means of the table on the following page. For the fuel value of any particular food per pound, see the tables on pages 433, 434.

RULES FOR BALANCING DIET OF YOUR OWN FAMILY

1. Determine from Table of Energy Needs, page 425, the approximate number of hundred-calorie portions needed by your family per week.

2. Keep account of foods purchased each week under the proper heads.

3. Estimate the fuel value of each group.

4. Provide 20 per cent, or about ⅕ of the total fuel required, from milk, meat, and similar foods; 20 per cent, or about ⅕, from

fat foods; 30 per cent, or about $\frac{3}{10}$, from cereal foods; 10 per cent, or about $\frac{1}{10}$, from sugar foods; 20 per cent, or about $\frac{1}{5}$, from fruits and vegetables. If you do this from week to week, your family rations will be sufficiently balanced. In a short time the habit of providing in the right proportions will become established.

Table for Estimating Average Fuel Values

	100-Calorie Portions	
Whole milk	6	per quart
Skim milk	8	" "
Flesh foods, eggs, etc	8	per pound
Fats	40	" "
Butter	34	" "
Bacon, salt pork, chocolate, etc	28	" "
Dry cereals, flour, pies, cakes, crackers	16	" "
Bread	12	" "
Sugar and candy	18	" "
Syrups, molasses, honey	13½	" "
Jellies, jams, marmalades, preserves	9	" "
Fresh vegetables and fruits	2¼	" "
Dried vegetables and fruits	13½	" "

NOTE.—The menu on the following page was prepared from the week's food supply shown on group charts 1 to 5, as follows:

		100-Calorie Portions		Total Calories
14 quarts milk,	which provide	160	=	20 per cent
10½ pounds flesh foods, eggs, cheese,	" "			
4 pounds of fats,	" "	160	=	20 "
15 pounds dry cereals,	" "	240	=	30 "
4½ pounds sugar and other sweets,	" "	80	=	10 "
70 pounds fresh vegetables and fruits,	" "	160	=	20 "
Total		800	=	100 "

These amounts of food may be depended on to furnish an attractive diet for an average family for a week. When economy is necessary, it is often possible to effect considerable saving without loss of fuel value. By means of the tables on pages 433, 434, and from the market price of foods, the cost of the fuel value of different foods can be compared, and the less expensive selected. It is also possible, to a certain extent, to raise or lower the proportions of the different groups with safety. For example, cereal foods will often provide fuel at less cost than the protein and fat foods; but an extra allowance of cereal foods should never be at the expense of milk or green-leaf vegetables.

*A WEEK'S MENU FOR THE AVERAGE FAMILY

(Two Adults and Three Children)

Breakfast.	Dinner.	Lunch or Supper.
SUNDAY		
Oranges; breakfast cereal with milk; bread or toast with butter.	Chicken stuffed and roasted or fricasseed and served on toast or with rice; sweet potatoes; asparagus; jelly; bread; pineapple ice cream.	Peanut sandwiches with lettuce salad; or bread, milk, and butter for children; candy.
MONDAY		
Sliced pineapple and bananas; breakfast cereal with milk; bread or toast with butter.	Macaroni and cheese with warmed-over chicken; boiled cabbage; bread; apple pudding, baked or steamed.	Lima bean chowder; crackers or bread and butter; celery; boiled rice with honey.
TUESDAY		
Canned peaches; breakfast Cereal with milk; bread or toast with butter.	Beef stew with turnips, carrots, onions, and dumplings; bread; orange custard with nut cookies or sliced oranges with nut cake.	Bacon; boiled potatoes and milk gravy made with bacon fat; cole-slaw; bread and butter; candy.
WEDNESDAY		
Canned cherries; breakfast cereal with milk; bread or toast with butter.	Bacon and fried eggs; potatoes; squash; bread; peach pie.	Creamed smoked fish with baked potatoes; bread and butter; sliced oranges with cocoanut.
THURSDAY		
Bananas; breakfast cereal with milk; bread or toast with butter.	Meat cakes with tomato sauce; lima beans; bread; baked bananas.	Cheese sandwiches or scalloped cheese and rice; lettuce; bread and butter; wheat cakes with sirup.
FRIDAY		
Stewed raisins and rhubarb; breakfast cereal with milk; bread or toast with butter.	Fish, stuffed or baked; sweet potatoes; beets with greens; bread; suet pudding with raisins.	Cream of pea soup; scalloped sweet potatoes; bread or biscuits and butter; canned cherries.
SATURDAY		
Baked apples; breakfast cereal with milk; bread or toast with butter.	Scrambled eggs with smoked fish; string beans; celery; bread and butter; strawberry shortcake.	Creamed fish on toast or boiled rice; bread and butter; raisin tarts.

Note.—Coffee and tea are not listed, as they contain little nutritive value.

* Prepared by the United States Department of Agriculture.

GROUP NO. 5. A WEEK'S SUPPLY OF VEGETABLES AND FRUITS

Counting the Cost of A Week's Food Supply

Contribution from
Office of Home Economics.
C.F. Langworthy, Chief.

Prepared by
Caroline L. Hunt,
Specialist in Food Preparation and Use.

NUMBER OF 100-CALORIE PORTIONS IN FOODS AS PURCHASED.

½ per lb.
Celery; cucumbers; lettuce; melons; rhubarb.

1 per lb.
Asparagus; cabbage; cauliflower; lemons; spinach; squash; tomatoes; turnips.

1½ per lb.
Beans, string; beets; carrots; corn; oranges; peaches; pineapple.

2 per lb.
Apples; beans, lima; onions; pears; peas; berries, average; fish, fresh, lean (bass, perch, etc.); chicken broilers.

3 per lb.
Bananas; grapes; plums; potatoes, white; cod, salt; shad.

3 per qt.
Skimmed milk.

4 per qt.
Oysters.

4 per lb.
Potatoes, sweet.

5 per lb.
Cheese, cottage; liver; shrimps; tongue.

6 per lb.
Eggs; veal, average.

6 per qt.
Milk, whole.

7 per lb.
Beef, round; beef, dried; fowl; salmon.

8 per lb.
Walnuts, California.

9 per lb.
Beef, sirloin; pork, tenderloin; sardines, canned.

9 per doz
Eggs.

9 per pt.
Cream.

10 per lb.
Beef, average; lamb, average.

10 per doz.
Oranges. (8 oz. size.)

11 per lb.
Prunes; mackerel, salt; bread.

11 per doz.
Bananas. (5 oz. size.)

13 per lb.
Apples, dried; apricots; lamb chops; pork chops; honey; molasses.

14 per lb.
Dates; figs; raisins; beef ribs; sirup, heavy.

15 per lb.
Beans, dried; ham.

16 per lb.
Almonds; breakfast foods, (dry weight); flour; macaroni; meal; peas, dried; rice.

17 per lb.
Average candy.

18 per lb.
Crackers; peanuts; sugar.

19 per lb.
Cheese.

22 per lb.
Cocoa.

26 per lb.
Bacon; pork, salt.

27 per lb.
Chocolate; peanut butter.

33 per lb.
Butter, other table fats.

40 per lb.
Oil; lard, and other rendered fats.

Prices change and tastes differ, but the above values remain the same. By means of them the cost per 100-calorie portion of any food, any group of foods, or any food supply can be estimated at any time.

CHART NO. 6. FOR ESTIMATING THE COMPARATIVE VALUE OF FOODS

APPROXIMATE NUMBER OF 100 CALORIE PORTIONS IN COMMON FOOD MATERIALS

GROUP I. FOOD DEPENDED UPON FOR EFFICIENT PROTEIN

Materials.	Number of 100-Calorie Portions.	Materials.	Number of 100-Calorie Portions.
Dairy products:		Fish, fresh:	
Milk, whole	3 per pound or 6 per qt.	Bass	2 per pound.
Milk, skim	3 per quart.	Codfish	1½ per pound.
Buttermilk	3 per quart.	Halibut, steak	4½ per pound.
Milk, condensed, unsweetened	8 per pound or per qt.	Mackerel, Spanish	3½ per pound.
Milk, condensed, sweetened	15 per pound.	Perch	2 per pound.
Milk, dried, whole	23 per pound.	Salmon	6 per pound.
Milk, dried, skim	16 per pound.	Shad	3½ per pound.
Cheese, ordinary	19½ per pound.	Shad roe	6 per pound.
Cheese, cottage	5 per pound.	Smelts	2¼ per pound.
Eggs	9 per dozen.	Trout, brook	2¼ per pound.
Meats	9 per pound.	Fish, smoked or salted:	
Beef, average	10 per pound.	Cod, salt (boneless)	5 per pound.
Beef, chuck	7½ per pound.	Halibut, smoked	9 per pound.
Beef, corned	12½ per pound.	Herring, smoked	7½ per pound.
Beef liver	5½ per pound.	Mackerel, salt	10 per pound.
Beef ribs	11 per pound.	Fish, canned:	
Beef, round	7¼ per pound.	Salmon	6½ per pound.
Beef, sirloin	9½ per pound.	Sardines	9 per pound.
Beef tongue	5½ per pound.	Tuna fish	9½ per pound.
Lamb, average	10 per pound.	Shellfish, fresh:	
Lamb, leg	11 per pound.	Lobster	1½ per pound.
Lamb, loin	13 per pound.	Oysters	2 per pound.
Mutton, average	12 per pound.	"	4 per quart.
Pork, average	22 per pound.	Scallops	3½ per pound.
Pork, except items in II, average	13 per pound.	Shellfish, canned:	
Veal, average	5½ per pound.	Lobster	4 per pound.
Poultry:		Shrimps	5 per pound.
Chicken, broilers	3 per pound.	Legumes:	
Fowl	7½ per pound.	Peanuts, unshelled	19 per pound.
		Peanuts, shelled	25 per pound.
		Peanut butter	27½ per pound.
		Soy beans, dried	20 per pound.

GROUP II. FATS AND FAT FOODS

Fats, table and cooking:		Nuts—continued.	
Butter	34 per pound.	Butternuts, unshelled	4 per pound.
Lard	41 per pound.	Butternuts, shelled	32 per pound.
Oil	41 per pound.	Coconut in shell, without milk	14 per pound.
Suet	34 per pound.	Hickory nuts, unshelled	12 per pound.
Cream, 18 per cent	9 per pound or per pint.	Hickory nuts, shelled	33 per pound.
Cream, 40 per cent	17 per pound or per pint.	Pecans, unshelled	17 per pound.
Fat meats:		Pecans, shelled	33 per pound.
Bacon	26 per pound.	Walnuts, California, unshelled	8½ per pound.
Pork, salt	28½ per pound.	Walnuts, California, shelled	32 per pound.
Pork sausage	21 per pound.	Chocolate	28 per pound.
Nuts:			
Almonds, unshelled	16 per pound.		
Almonds, shelled	29 per pound.		
Brazil nuts, unshelled	16 per pound.		
Brazil nuts, shelled	32 per pound.		

GROUP III. CEREAL FOODS

Bread	12 per pound.	Flour, buckwheat	16 per pound.
"	9 per loaf, 16 oz. dough, 12–14 oz. baked	Macaroni	16 per pound.
Cereals, flaked	15 per pound.	Oatmeal	18 per pound.
Corn meal	16 per pound.	Rice	16 per pound.
Crackers	19 per pound.	Rolls	12 per pound.
Flour, wheat	16 per pound.	Tapioca	16 per pound.
		Wheat, shredded	16½ per pound.

APPROXIMATE NUMBER OF 100 CALORIE PORTIONS IN COMMON FOOD MATERIALS.—*Continued.*

GROUP IV. SUGARS AND SUGARY FOODS

Materials.	Number of 100-Calorie Portions.	Materials.	Number of 100-Calorie Portions.
Candy, average	17 per pound.	Sirup, corn	54 per quart.
Honey	15 per pound.	Sirup, maple	49 per quart.
"	55 per quart.	Sugar, granulated	18 per pound.
Molasses	13 per pound.	Sugar, maple	15 per pound.
"	50 per quart.	Chocolate, milk	22½ per pound.
Sirup, corn	14½ per pound.	Chocolate, sweet	22 per pound.

GROUP V. VEGETABLES AND FRUITS

Vegetables, fresh:		Vegetables, canned—Continued.	
Asparagus	1 per pound.	Tomatoes	1 per pound.
Beans, lima, shelled	5½ per pound.	"	1¼ per No. 2 can.
" " "	7 per quart.	Peas	2½ per pound.
Beans, string	1¾ per pound.	"	3 per No. 2 can.
" "	1½ per quart.	Vegetables, dried:	
Beets	1½ per pound.	Beans	15½ per pound.
Cabbage	1 per pound.	Cowpeas	15½ per pound.
"	3 per medium-sized head (3 pounds).	Peas	16 per pound.
Carrots	1½ per pound.	Fruits, fresh:	
Cauliflower	1½ per pound.	Apples	2 per pound.
"	2 per medium-sized head (1½ pounds).	"	24 per peck.
Celery	¾ per pound.	Bananas	3 per pound.
Corn	1¾ per pound.	"	11 per dozen medium-sized.
"	11 per dozen medium-sized ears.	Cherries	3½ per pound or per qt.
Cowpeas, shelled	6 per pound.	Cranberries	2 per pound or per qt.
Cucumbers	¾ per pound.	Currants	2½ per pound or per qt.
"	¼ per medium-sized cucumber.	Grapes	3½ per pound or per qt.
Lettuce	¾ per pound.	Huckleberries	3½ per pound or per qt.
"	¼ per medium-sized head.	Lemons	1½ per pound.
Mushrooms	2 per pound.	"	4½ per dozen medium-sized.
Okra	1½ per pound.	Muskmelon	1 per pound or 1 per medium-sized.
Onions	2 per pound.	Oranges	1¾ per pound or 10 per dozen medium-sized.
Parsnips	2½ per pound.	Peaches	1½ per pound, 6 per doz.
Peas	2½ per pound.	Pears	2½ per pound.
"	20 per peck.	Plums	3¾ per pound.
Potatoes, Irish	3 per pound.	Raspberries	3 per pound or per qt.
" "	45 per peck.	Strawberries	1¾ per pound or per qt.
Potatoes, sweet	4½ per pound.	Watermelon	½ per pound.
" "	63 per peck.	Fruits, canned:	
Pumpkin	½ per pound.	Cherries	4 per pound.
Radishes	1 per pound.	"	5 per No. 2 can.
Rhubarb	¾ per pound.	Peaches	2 per pound.
Spinach	1 per pound.	"	2½ per No. 2 can.
"	5 per peck.	Pears	3½ per pound.
Squash	1 per pound.	"	4½ per No. 2 can.
Tomatoes	1 per pound.	Pineapples	7 per pound.
Turnips	1¼ per pound	"	4½ per No. 2 can.
Turnip tops	2 per pound.	Fruits, dried:	
Vegetables, canned:		Apples	13 per pound.
Beans, string	1 per pound.	Dates	14 per pound.
" "	1¼ per No. 2 can.	Figs	14½ per pound.
Beans, baked	6 per pound.	Prunes	11½ per pound.
" "	7 per No. 2 can.	Raisins	14 per pound.
Corn	4½ per pound.	Fruits, miscellaneous:	
"	6 per No. 2 can.	Olives, green or ripe	10 per pound or per pt.

DIET FOR WEIGHT CONTROL

Graceful as a willow wand,
But more divinely proportioned.

—*Romance of Youth.*

Jack Sprat could eat no fat,
His wife could eat no lean;
And so betwixt them both,
They licked the platter clean.

—*Mother Goose.*

DIET FOR WEIGHT CONTROL

FROM the nature of their diet, it is easy to believe that Jack Sprat of the nursery rhyme was under weight, and that Mrs. Sprat was the exact opposite. While it is undoubtedly true that some persons are naturally inclined to thinness, and others to fatness, it is also equally true that undue excess in either direction can largely be controlled by proper diet.

Causes of Overweight.—Simply stated, excess weight results from an overconsumption of the fuel and energy foods; that is, starches, sugars, and fats. If too much of these foods is consumed, the excess is stored up by nature in the body as adipose tissue or fat. Nature's wise purpose is to be able, in emergency, to draw upon the stored supply, when the tissues are wasted by disease or fever. But an excess of such storage results not only in an awkward burden of avoirdupois, and unpleasing physical proportions, but causes overtaxation of the heart, and becomes dangerous to health.

Curing One's Self.—The cause being understood, the method of cure is evident. The first necessity is to face the fact. Be weighed. Consult the table of normal weights, page 441, then use every ounce of will-power possessed to overcome the unpleasant condition. Unless the overweight is due to some disturbance of the secretions of the body, about which a physician should be consulted, unflagging perseverance in cutting down the diet, and in taking exercise will result in reducing the pull on the scales.

Foods to Avoid.—Of course the foods to shun are the starch, sugar, and fat foods.

A LIST OF FOODS TO AVOID

Appetizers—catsups, pickles, olives, horseradish, etc.

Rich foods made with fat or oil bases—cream soups and sauces, oil salad dressings.

Carbonaceous meats—pork and pork products; sausage, scrapple, etc. Such vegetables and cereals as potatoes, hominy, rice, cornmeal mush, oatmeal, parsnips, beets, turnips, and other starchy foods.

Sweets—candies, cakes, puddings, pastry.

Beverages—tea and coffee may be used, but with a minimum of sugar and cream, far better without either. Avoid cocoa and *unskimmed* milk.

WHAT TO EAT

For breakfasts:

Fruits—oranges, grapefruit, peaches, pears, apples, grapes, cherries, etc.
Berries—fresh strawberries, blackberries, huckleberries or blueberries, etc.
Bread or cereal—one piece toast, bran, or graham bread; or, 1 cup (scant) puffed whole cereal, with skimmed milk.
Beverages—tea or coffee without cream and sugar.

For dinners:

Clear soups or broths.
Lean meat, chicken, or white fleshed fish.
Green and succulent vegetables—spinach, cabbage, cauliflower, tomatoes, string beans, cress, celery, etc., without butter or cream dressing.
Salads with a *very* little French dressing.
Fruit desserts; as, prunes, pineapple.
Beverages—lemonade with *little* sugar, or tea or coffee.

For luncheons or suppers:

Thin soup; as, tomato, consommé.
One glass skimmed milk or buttermilk, or poached egg, or spinach with egg, or fish.
Bread or cereal as for breakfast.
Fruit or plain salad.

Select only one or two items of food for each meal; a greater variety is conducive to weight.

In following a reducing dietary, it would be well to serve a sugarless, creamless, cup of hot tea or coffee mid-meals, but *no food should be eaten between meals.* It is generally thought wise to cut down the quantity of water, but it should be remembered that in cases of gout and rheumatism, an increased amount of liquid is necessary. In all cases gradual reduction of weight is much better

than rapid decrease. Loose skin over reduced muscles makes an aged appearance, and sudden loss of weight may injure the health. Elderly people should not follow a rigid system of reduction.

If a glass or two of water is taken before eating, it may help with a rigid régime, by giving a sense of fullness at the beginning of a meal. The extent of diet restrictions depends upon the amount of excess weight. Having decided how much the daily allowance should be cut down, do not carry out the plan spasmodically, but day-in and day-out keep within the limitation; and the reward will surely come.

It is well to remember that over-eating is more dangerous than under-eating; and that after all, the question of reduction is chiefly a question of the intelligent control of the appetite.

By consulting chapter on Balanced Rations, page 417, many hints may be gleaned as to selections for menus, always allowing less food than for the average person.

A bottle of citrate of magnesia taken once a week is usually beneficial as a body regulator, the consequent depletion of the blood vessels of the intestines causing them to give up considerable water, thus lessening weight.

Exercise.—Since overweight is caused by storage of energy food, it follows that an expenditure of energy will draw upon such storage, and reduce weight. Before any system of strenuous exercise is undertaken, a thorough examination should be given by a physician as to heart action, blood pressure, and general physical fitness. Exercises are of very little help unless kept up *regularly.* One rule must be observed: *stop when tired.* Almost any good book on physical training will give excellent exercises for weight-control.

Remember that walking in the open air is always a splendid exercise, using up food fuel rapidly. No so-called "reducing" medicines should be taken without the advice of a physician, for probably *all such medicines are dangerous.*

HOW TO ADD WEIGHT

Foods to Avoid.—It is very much easier to add than to reduce weight, for all the "indulgences" of diet are the things needed. Usually the person of underweight is overfond of salads and other foods which give bulk. It would be well to read a list of what the obese should avoid, in order to know what the too thin should eat; but *if sweets and desserts are taken at the beginning of a meal, or between meals, the desire for substantial food is lost.*

What to Eat.—The fattening foods or carbohydrates—starches, sugars and fats—are what the too thin person should choose in diet; and not many succulent green vegetables, or salads, unless they are served with mayonnaise dressing made of oil, or of rich cream. Potatoes or any other starchy vegetable with cream sauce; or rice, hominy, corn and similar cereal foods should be selected.

For *desserts*—puddings and cakes with cream, ice-cream, and whipped cream; sweet chocolate.

For *beverages*—little tea or coffee. *Drink and eat whole milk*, swallowing it slowly. This food is excellent between meals. Cocoa and chocolate.

If digestion is weak, do not use many different kinds of food at one meal. Use no pickles; few acids.

By turning to the tables of food values on page 425, calculation may be made as to dietary, always allowing more fuel food than for the average person.

List of Fattening Foods

Cream soups.
Cream dressings.
Milk dishes.
Oil dressings.
Potatoes, sweet and white, turnips, carrots, etc.
Macaroni, spaghetti, etc.
Rice, tapioca, and arrow-root puddings.
Cakes of all kinds.
Sweet chocolate, candies.
Cocoa, chocolate, whipped cream, ice-cream, cereals with cream.

Eat also eggs, fish, meat, beans, peas, lentils, fruits and berries

Consult the following weight tables. Be weighed; and train your taste to like what your body needs. To do this, take at first only a little of the kind of food you do not care for. Rest, and *then* exercise. Take plenty of sleep—ten hours each night if possible, and angles will become curves; the lean and hungry look will disappear; and, incidentally, life will seem brighter. Then, too, in case of illness nature will have a store of energy fuel to draw upon.

Rest.—Thin people are usually of restless, nervous temperament, "always on the move," expending muscular energy every waking minute; bolting a meal, and flying away to another occupation. The old Roman custom of resting and relaxing, but not napping,

after eating had a very commendable reason. So, too, had their custom of massaging with oil. The thin person will find such massage very beneficial, for the body is able to absorb such food.

Codliver oil, taken either in capsules, or by the spoonful followed with orange juice, is a flesh-builder as well as a health giver. This oil is very easily digested.

Rest is necessary for increasing weight; but so also is exercise, for the thin person needs plenty of oxygen to aid in the digestion and assimilation of food, and in throwing off poisonous waste matters.

The following tables afford a standard of weight for comparison. In comparing your own weight with the table, your type of build should be taken into account, as well as height and age. A person of naturally slender type might be below the standard, or one of stocky, thick-set type might be above the standard, and yet both be normally healthy. If, however, the excess in either direction is over ten per cent, corrective measures should be taken.

In ascertaining height, measure in shoes; stand erect, and press measuring rod down on scalp. Weigh yourself in indoor clothing and shoes. Subtract one inch for height if sensible heels are worn; if heels are "high," subtract two inches. Your standard of weight is found where your height and age columns meet.

WEIGHT TABLE FOR WOMEN OF DIFFERENT HEIGHTS AND AGES *

Height.	Age, Years.									
	19	20	21–22	23–24	25–29	30–34	35–39	40–44	45–49	50–54
4 ft. 10 in.	98	102	106	110	113	116	119	123	126	129
4 ft. 11 in.	103	107	109	112	115	118	121	125	128	131
5 ft.	109	112	113	115	117	120	123	127	130	133
5 ft. 1 in.	113	115	116	118	119	122	125	129	132	135
5 ft. 2 in.	116	118	119	120	121	124	127	132	135	138
5 ft. 3 in.	120	121	122	123	124	127	130	135	138	141
5 ft. 4 in.	123	124	125	126	128	131	134	138	141	144
5 ft. 5 in.	126	127	128	129	131	134	138	142	145	148
5 ft. 6 in.	129	130	131	133	135	138	142	146	149	152
5 ft. 7 in.	131	133	135	137	139	142	146	150	153	156
5 ft. 8 in.	135	137	139	141	143	146	150	154	157	161
5 ft. 9 in.	138	140	142	145	147	150	154	158	161	165
5 ft. 10 in.	141	143	145	148	151	154	157	161	164	169
5 ft. 11 in.	145	147	149	151	154	157	160	164	168	173
6 ft.	150	152	154	156	158	161	163	167	171	176

* This table was prepared by Thomas D. Wood, M.D., Professor of Physical Education, Columbia University, and is used by the United States Bureau of Education and the Child Health Organization of America.

WEIGHT TABLE FOR MEN OF DIFFERENT HEIGHTS AND AGES *

Height.	Age, Years.										
	19	20	21–22	23–24	25–29	30–34	35–39	40–44	45–49	50–54	55–59
5 ft.	107	110	114	118	122	126	128	131	133	134	135
5 ft. 1 in.	112	115	118	121	124	128	130	133	135	136	137
5 ft. 2 in.	117	120	122	124	126	130	132	135	137	138	139
5 ft. 3 in.	121	124	126	128	129	133	135	138	140	141	142
5 ft. 4 in.	124	127	129	131	133	136	138	141	143	144	145
5 ft. 5 in.	128	130	132	134	137	140	142	145	147	148	149
5 ft. 6 in.	132	133	136	138	141	144	146	149	151	152	153
5 ft. 7 in.	136	137	140	142	145	148	150	153	155	156	158
5 ft. 8 in.	140	141	143	146	149	152	155	158	160	161	163
5 ft. 9 in.	144	145	147	150	153	156	160	163	165	166	168
5 ft. 10 in.	148	149	151	154	157	161	165	168	170	171	173
5 ft. 11 in.	153	154	156	159	162	166	170	174	176	177	178
6 ft.	158	160	162	165	167	172	176	180	182	183	184
6 ft. 1 in.	163	165	167	170	173	178	182	186	188	190	191
6 ft. 2 in.	168	170	173	176	179	184	189	193	195	197	198
6 ft. 3 in.	173	175	178	181	184	190	195	200	202	204	205
6 ft. 4 in.	178	180	183	186	189	196	201	206	209	211	212
6 ft. 5 in.	183	185	188	191	194	201	207	212	215	217	219

* This table was prepared by Thomas D. Wood, M.D., Professor of Physical Education, Columbia University, and is used by the United States Bureau of Education and the Child Health Organization of America.

SCHOOL LUNCHES

The child is building the temple of the soul, planned by the divine Architect—but ofttimes ruined by man's bad workmanship.

—Child Life.

Upon the health and strength of our children the glory and greatness of our nation depend.

Every child has a right to be as healthy as present knowledge can make him. Proper feeding is one of the chief factors in health.

—Health Education.

SCHOOL LUNCHES

THE witty French cook who said, "Tell me what you eat, and I will tell you what you are," might even more certainly have stated, "Tell me what you give your children to eat, and I will tell you what they will grow to be," for the kind of food the child eats largely determines whether he will be a strong, healthy adult, or a weakling. More important, then, than the wise selection of foods for grown people is the proper feeding of the growing bodies of children—especially of little children.

A few general rules should be borne in mind:

1. Meals should be given at regular times.

2. No "nibbling" between meals. If a child is really hungry, a slice of bread and butter will satisfy the craving for food. Never give candy at such times. It will not only spoil the normal appetite, but will encourage a bad habit. Oftentimes a glass of water, and not food, is what the little one really craves.

3. Teach the child to drink plenty of water between meals—several glasses a day.

4. Happiness while eating is essential to good digestion.

5. Do not force a child to eat. If after a day or two the appetite does not return, consult a physician.

6. Teach a child to wash face and hands before eating. Explain that dirt is dangerous. Explain that flies are dangerous.

Teach a child to demand fresh air and sunshine, for they are the great cleansers of nature.

7. Children may generally be taught to like all kinds of foods that are good for them. By giving a *little* of a new food at first, taste can be cultivated.

Staple Food Requirements

1. *Milk* is the best and most important food for growing children. No other food can take its place. Children over five years of age should have at least three cups a day, more if possible.

Warm milk is more easily digested than cold milk. If children rebel against drinking plain milk, it may be given in the form of cocoa, milk soups, custards, etc. If it is impossible to get fresh milk, use dried milk. If neither fresh nor dried milk is procurable, use evaporated milk. If skimmed milk is given, the child should eat plenty of vegetables and cream or butter. *Tea and coffee should not be given to growing children at all.*

Bread and milk form a perfect food, containing all food elements in the right proportion to sustain child life. The milk furnishes protein for muscles and other tissues; fats and sugar for body fuel; minerals for bones and other tissues; vitamins, essential to growth and health. The bread furnishes some of each of these, but is valuable because it provides starch fuel food, and gives bulk.

2. *Bread, cereals and other grain products* should furnish about one-third the food required by a child.

3. *Vegetables are essential to the growing child* not only for their food value, but because they contain vitamins (see page 420). The water in which vegetables and rice have been boiled should be used for making soups, sauces, and gravies. Where for any reason there is a scarcity of milk and eggs, the diet should include as much milk as possible, with pea or bean soups, spinach and other green vegetables, oatmeal, and dried fruits. Vegetables and fruits are excellent sources of iron and other elements necessary for growth. If combined with milk, they will supply food value fully equal to that of meat.

4. *Eggs, meat, etc.* Aside from milk, eggs are the best source of protein for children. Where plenty of milk and an egg a day are included in the diet, a child needs very little meat. Allow not more than 2 ounces of meat a day for a child from 7–10 years; 3 ounces daily from 10–14 years. Broth from stews may be given on vegetables and bread.

5. *Fruits.*—There should be some fruit in the diet every day. Where fresh fruit is not possible, use dried fruit. Bananas should not be eaten raw by very young children. Bananas are not ripe until the skins have brown spots. They should be cooked if given before they reach this stage.

6. *Sweets.*—There is danger of children getting too much sugar and spoiling the appetite. They should not have more than the following allowance, aside from that contained in foods:

5 to 7 years	1 tablespoon daily
7 to 12 years	2 tablespoons daily

It is better to give sugar in cocoa and desserts than as candy. Molasses has a high food value. Dates are a good substitute for candy.

7. *Fats* are essential for growing children. Cream and butter, the fats of milk, are the most important kinds; therefore, children should have unskimmed milk. For the delicate child, cod-liver oil is an excellent fat, containing large quantities of vitamins, see page 420. Cod-liver oil may be procured in gelatine capsules, but if orange juice is given after, the child seldom objects to the oil. Other oils, such as olive, corn, and peanut, are good foods, too, in small quantities. (See Salads, page 167.) Young children should not have cooked fats *except bacon fat*, which is easily digested. All fried foods should be avoided.

Children need at least three meals a day. The heavy meal should preferably come at mid-day, with a light supper, such as bread and whole milk, baked potatoes, stewed fruit; or cereal and milk, bread and butter, baked bananas; or poached egg on toast, baked potatoes, bread and butter, apple sauce, gingerbread.

Desserts.—Cooked desserts are not essential with plenty of bread and butter and vegetables and fruit. When given, they should be plain and simple; as cereal puddings with fruit, such as rice, oatmeal, or bread pudding.

Home Lunches.—If dinner is at the end of the day, let the luncheon be as light as the supper would be if the main meal were at mid-day. See end of this chapter for suggestions.

Basket Lunches.—School authorities are recognizing the importance of a warm mid-day meal for children, and many schools provide school lunches. If a child must carry a whole luncheon, it should be nutritious as well as appetizing. If possible let it include a bottle of milk. If it is practical for the child to use a thermos bottle, the milk may, of course, be warm; or hot cocoa, or soup may be provided by this means. The following suggestions should prove helpful:

Nourishing Sandwiches	Appetizing Fillings
Whole wheat bread	Peanut butter
Raisin bread	Chopped celery with mayonnaise
Toast	Lettuce and tomato with dressing
Nut bread	Jelly, or chopped raisins
Oatmeal muffins	Chopped dates
Rolls	Chopped olives and peppers, mayonnaise dressing

See chapter on Sandwiches, page 287, for further suggestions. Desserts of custard, baked apple, sweet chocolate, maple sugar, sponge cake, fruit cookies, or gingerbread make a pleasant variety.

It is essential for the children *to have plenty of time in which to eat* their mid-day meal. The child who bolts a meal and rushes back to school cannot either work or digest properly. It would be better to carry a lunch than to go home for a warm meal, if the journey means hurried eating.

Summary.—In the diet of the child the following is suggestive:

What Foods to Avoid	What Foods Mean Good Health
Coffee	Milk
Tea	Vegetables
Sodas	Thick soups
Much candy	Cereals
Doughnuts	Fruits
Much meat	Honey and molasses
Rich cakes	Rice puddings
Highly seasoned dishes	Custards
Pies	Ice cream

The School Lunch Room

The school lunch room, which may be conducted by the Parent-Teacher Association or the Home and School Club, makes it possible for children to buy nourishing warm food for a few cents. This is a very pleasant arrangement for all children, but its chief value is in promoting the health of those who are under-nourished at home. The time will come, no doubt, when the authorities of every school will provide meals for all children who are under-weight, or who otherwise show malnutrition.

Most housekeepers have collections of recipes of all kinds, but probably few have attempted to compile lists of dishes suitable for school lunches. A few suggestions may be welcome. By all means children should be instructed in the lunch room as to food values, and should not be allowed to select sweets or ice-cream in the place of substantial dishes.

School Lunch Room Bills of Fare

1. Vegetable or milk soup; crackers; rolls; fruit; plain cake; cocoa.

2. Meat and vegetable stew; bread and butter; sweet chocolate.

3. Tomato soup; tapioca custard; lettuce sandwiches; fruit; cookies.

4. Macaroni with cheese and tomato sauce; fruit; chopped date sandwiches.

Milk and cocoa should always be provided.

A few meat substitutes and "meat extenders."—Scrambled eggs with minced ham or bacon; meat stew with vegetables; shepherds's pie (meat pie with mashed potato cover); creamed frizzled beef on toast; fish cakes; salmon loaf; macaroni or spaghetti with tomato sauce; creamed potatoes au gratin.

A List of Soups	Desserts
Vegetable Soup	Rice Pudding
Cream of Pea Soup	Boiled Custard
Cream of Tomato Soup	Tapioca and Fruit Pudding
Dried Lima Bean Soup	Bread Pudding
Split Pea Soup	Apple Betty with Cream
Potato Soup	Junket
Corn Chowder	Fruit, raw or cooked
Fish Chowder	Gingerbread or plain cake

Cocoa for School Lunch Room,

Measure one pound of cocoa. Add as many cups of sugar as there are of cocoa. Add three cups of water. Cook until thick and glossy. Pour into jelly glasses or glass jars. Cover and set away. When cocoa is wanted for lunch use, prepare according to the following recipe:

1 cup milk for each child
1½ tablespoons of the cocoa mixture

Heat the milk scalding hot in a double boiler. Add the cocoa mixture. Beat well and serve. More sugar may be used in the mixture if it is found that the children desire it sweeter.

Note.—The tables of height and weight for girls and boys, pages 450, 451, afford a standard for comparison only. In comparing a child's height and weight with the table, the type of build should be taken into account. A child of slender type might be under weight, and one of thick-set, stocky type might be over weight, and yet both be normally healthy. A slight variation is no cause for alarm, but if the difference amounts to ten per cent, however, corrective measures should be taken.

RIGHT HEIGHT AND WEIGHT FOR GIRLS

Height, Inches.	Age, Years.													
	5	6	7	8	9	10	11	12	13	14	15	16	17	18
39	34	35	36	..	..	..	..	..	..	..	..	..	..	..
40	36	37	38	..	..	..	..	..	..	..	..	..	..	..
41	38	39	40	..	..	..	..	..	..	..	..	..	..	..
42	40	41	42	43	..	..	..	..	..	..	..	..	..	..
43	42	42	43	44	..	..	..	..	..	..	..	..	..	..
44	44	45	45	46	..	..	..	..	..	..	..	..	..	..
45	46	47	47	48	49	..	..	..	..	..	..	..	..	..
46	48	48	49	50	51	..	..	..	..	..	..	..	..	..
47	..	49	50	51	52	53	..	..	..	..	..	..	..	..
48	..	51	52	53	54	55	56	..	..	..	..	..	..	..
49	..	53	54	55	56	57	58	..	..	..	..	..	..	..
50	..	..	56	57	58	59	60	61	..	..	..	..	..	..
51	..	..	59	60	61	62	63	64	..	..	..	..	..	..
52	..	..	62	63	64	65	66	67	..	..	..	..	..	..
53	..	..	..	66	67	68	68	69	70	..	..	..	..	..
54	..	..	..	68	69	70	71	72	73	..	..	..	..	..
55	..	..	..	..	72	73	74	75	76	77	..	..	..	..
56	..	..	..	..	76	77	78	79	80	81	..	..	..	..
57	..	..	..	..	..	81	82	83	84	85	86	..	..	..
58	..	..	..	..	..	85	86	87	88	89	90	91	..	..
59	..	..	..	..	..	89	90	91	93	94	95	96	98	..
60	..	..	..	..	..	..	94	95	97	99	100	102	104	106
61	..	..	..	..	..	..	99	101	102	104	106	108	109	111
62	..	..	..	..	..	..	104	106	107	109	111	113	114	115
63	..	..	..	..	..	..	109	111	112	113	115	117	118	119
64	..	..	..	..	..	..	..	115	117	118	119	120	121	122
65	..	..	..	..	..	..	..	117	119	120	122	123	124	125
66	..	..	..	..	..	..	..	119	121	122	124	126	127	128
67	..	..	..	..	..	..	..	..	124	126	127	128	129	130
68	..	..	..	..	..	..	..	..	126	128	130	132	133	134
69	..	..	..	..	..	..	..	..	129	131	133	135	136	137
70	..	..	..	..	..	..	..	..	..	134	136	138	139	140
71	..	..	..	..	..	..	..	..	..	138	140	142	143	144
72	..	..	..	..	..	..	..	..	..	..	145	147	148	149

ABOUT WHAT A GIRL SHOULD GAIN EACH MONTH

Age	Ounces
5 to 8	6
8 to 11	8
11 to 14	12
14 to 16	8
16 to 18	4

Height and weight to be taken in house clothes, without shoes. Weigh on the same day each month, about the same hour of the day. Age, the nearest birthday.

RIGHT HEIGHT AND WEIGHT FOR BOYS

Height, Inches.	Age, Years.													
	5	6	7	8	9	10	11	12	13	14	15	16	17	18
39	35	36	37	..	..	..	..	..	..	..	..	..	..	..
40	37	38	39	..	..	..	..	..	..	..	..	..	..	..
41	39	40	41	..	..	..	..	..	..	..	..	..	..	..
42	41	42	43	44	..	..	..	..	..	..	..	..	..	..
43	43	44	45	46	..	..	..	..	..	..	..	..	..	..
44	45	46	46	47	..	..	..	..	..	..	..	..	..	..
45	47	47	48	48	49	..	..	..	..	..	..	..	..	..
46	48	49	50	50	51	..	..	..	..	..	..	..	..	..
47	..	51	52	52	53	54	..	..	..	..	..	..	..	..
48	..	53	54	55	55	56	57	..	..	..	..	..	..	..
49	..	55	56	57	58	58	59	..	..	..	..	..	..	..
50	..	..	58	59	60	60	61	62	..	..	..	..	..	..
51	..	..	60	61	62	63	64	65	..	..	..	..	..	..
52	..	..	62	63	64	65	67	68	..	..	..	..	..	..
53	..	..	..	66	67	68	69	70	71	..	..	..	..	..
54	..	..	..	69	70	71	72	73	74	..	..	..	..	..
55	..	..	..	..	73	74	75	76	77	78	..	..	..	..
56	..	..	..	..	77	78	79	80	81	82	..	..	..	..
57	..	..	..	..	..	81	82	83	84	85	86	..	..	..
58	..	..	..	..	..	84	85	86	87	88	90	91	..	..
59	..	..	..	..	..	87	88	89	90	92	94	96	97	..
60	..	..	..	..	..	91	92	93	94	97	99	101	102	..
61	..	..	..	..	..	..	95	97	99	102	104	106	108	110
62	..	..	..	..	..	..	100	102	104	106	109	111	113	116
63	..	..	..	..	..	..	105	107	109	111	114	115	117	119
64	..	..	..	..	..	..	..	113	115	117	118	119	120	122
65	..	..	..	..	..	..	..	..	120	122	123	124	125	126
66	..	..	..	..	..	..	..	..	125	126	127	128	129	130
67	..	..	..	..	..	..	..	..	130	131	132	133	134	135
68	..	..	..	..	..	..	..	..	134	135	136	137	138	139
69	..	..	..	..	..	..	..	..	138	139	140	141	142	143
70	..	..	..	..	..	..	..	..	..	142	144	145	146	147
71	..	..	..	..	..	..	..	..	..	147	149	150	151	152
72	..	..	..	..	..	..	..	..	..	152	154	155	156	157

ABOUT WHAT A BOY SHOULD GAIN EACH MONTH

Age	Ounces
5 to 8	6
8 to 12	8
12 to 14	12
14 to 16	16
16 to 18	8

Height and weight to be taken in house clothes, without shoes. Weigh on the same date each month, about the same hour of the day. Age, the nearest birthday.

NOTE.—The above tables were prepared by Thomas D. Wood, M.D., Professor of Physical Education, Columbia University, and are used by the United States Bureau of Education and the Child Health Organization of America.

SAMPLE WINTER DIET FOR A WEEK FOR CHILDREN 7 TO 12 YEARS

Breakfast.	Dinner.	Supper.
Oatmeal, ⅔ cup, with milk. Bread and butter, 2 to 3 slices. Baked apple, 1. Milk to drink, 1 glass.	Roast lamb, small slice; baked potatoes. Beets, onions, or oyster plant, 2 to 3 tablespoonfuls. Bread and butter, 2 to 3 slices. Rice pudding, 2 to 3 tablespoonfuls.	Scrambled egg, 1. Bread and butter, 2 to 3 slices. Oatmeal cookies, 1 or 2. Milk to drink, 1 glass.
Hominy, ⅔ cup, with milk. Bread and butter, 2 to 3 slices. Bacon, 1 slice. Cocoa with milk, 1 cup.	Vegetable soup, with carrots, beans, onions, 1 cup. Spinach with poached egg, 2 to 3 tablespoonfuls. Corn bread and butter, 2 to 3 slices. Dates, 4 to 5.	Baked potato, 1. Bread and butter, 2 to 3 slices. Cottage cheese, 1 tablespoonful. Stewed apricots, 2 to 3 tablespoonfuls.
Corn meal, ½ to ⅔ cup, with milk. Toast and butter, 2 to 3 slices. Apple sauce, 2 to 4 tablespoonfuls. Milk to drink, 1 glass.	Rice and meat loaf, small portion. Stewed celery or cauliflower, 2 to 3 tablespoonfuls. Bread and butter, 2 to 3 slices. Baked Indian pudding, 2 tablespoonfuls.	Rice and milk, ½ cup. Creamed carrots or celery. Bread and butter, 3 to 4 slices. Fruit cookies, 1 or 2.
Oatmeal, ⅔ cup, with milk. Bread and butter, 2 to 3 slices. Stewed prunes or figs, 3 to 4. Cocoa with milk, 1 cup.	Beef stew with vegetables, small portion. Bread and butter, 3 to 4 slices. Rice pudding or custard, 2 to 3 tablespoonfuls.	Corn bread and sirup, 2 to 3 pieces. Macaroni, with tomatoes, 2 to 3 tablespoonfuls. Bread, 2 to 3 slices, and peanut butter, ½ tablespoonful. Cocoa with milk, 1 cup.
Corn flakes, 1 to 2 cups, and milk. Bread and butter, 2 to 3 slices. Soft egg and bacon, 1. Milk to drink, 1 glass.	Chicken, small slice; mashed potato, 2 to 3 tablespoonfuls. Creamed carrots or onions, 2 to 3 tablespoonfuls. Bread and butter, 2 to 3 slices. Gingerbread and thin cream, 1 small piece. Milk, 1 glass.	Milk toast, 2 to 3 slices. Cottage cheese, 1 tablespoonful. Stewed prunes, 4 to 5. Cookies.
Wheat or malt breakfast food, ⅔ cup, with milk. Bread and butter, 2 to 3 slices. Soft egg; milk to drink, 1 glass.	Creamed, or fresh broiled fish, small portion. Baked potato, 1. Bread and butter, 2 to 3 slices. Baked apple, 1.	Spinach or bean soup, 1 cup. Baked potato, 1. Corn bread and butter, 2 pieces. Milk to drink, 1 glass.
Corn meal, ⅔ cup, and milk. Toast and butter, 2 to 3 slices. Orange. Cocoa with milk, 1 cup.	Lamb stew with vegetables, small portion. Baked sweet potato, 1. Bread and butter, 2 to 3 slices. Bread or rice pudding, 2 to 3 tablespoonfuls.	Celery soup with milk, 1 cup. Bread and butter, 2 to 3 slices. Custard or junket, ½ cup. Ginger cookies, 1 to 2.

Toward spring, when eggs are abundant, they may be given more frequently, replacing some meat and milk.

Note.—These lists for diet of children were prepared for the United States Bureau of Education by the Child Health Organization of America.

INDEX

A

Afternoon tea, 19
Albumenized water, 356
Almond cream, 185
  rock cakes, 267
Almonds, salted, 292, 406
  with eggs, 128
Ambrosia, 25
Anchovy canapés, 25
  sandwiches, 288
Angel cake, 255, 388
Appetizers, 23
  ambrosia, 25
  anchovy canapés, 25
  angels on horseback, 26
  cavair canapés, 25
  cheese canapés, 25
  clam cocktail, 24
  grape-fruit cocktail, 24
  ham canapés, 25
  lobster cocktail, 23
  mixed-fruit cocktail, 24
  oyster cocktail I, 23
  oyster cocktail II, 23
  pineapple and banana cocktail, 24
  peach cocktail, 25
  raspberry cocktail, 24
  strawberry cocktail, 24
Apple butter, 334
  cake, 233
  dainty, 406
  dumplings, baked, 280
  fritters, 159
  jelly, 335
  meringue, 191
  pie, 282, 393
  pudding, 196
  sauce, 105
  snow, 186
  tapioca, 190
  tart, 282
Apples, baked, 311
  baked, with oatmeal, 296
  canned, 325
  dried, 390
  fried, 312
Apricots, dried, 390
A-P's, 269
Arrowroot, 355
  gruel, 364
  water, 355
Artichoke, Jerusalem, 141
  Globe, 141
Asparagus, 146, 379
  cream of, 33

B

Bacon and eggs, 78
Baked beans, 123, 380, 411
  crackers, 125
  flour pudding, 193
  hash, 131, 376
Baking bread, 222
  cake, 254
  powder bread, 225
Baking powder, 222, 255
Balanced rations, 417
Banana dainty, 177
  fritters, 160
  salad, 176
Barley mush, 365
  soup, 38
Bavarian cream, 188
Bean soup, 368
Beans, baked, 123, 380, 411
  Boston roast, 124
  Lima, 142, 382
  Mexican, 124
  purée, 123, 382
  sauté, 123
  string, 142
Béchamel sauce, 104
Beef à la mode, 62
  au gratin, 373
  birds, 68
  boiled dinner, 374
  boiling, 60, 372
  bouillon, 30
  brasing, 61
  broiling, 59
  chauffé, 405
  chop suey, 66

Beef, corned, 64, 372
creamed, 68
cuts of, 58
Filipino, 67
forcemeat, 94
fricasseeing, 61
frizzled, 69
frying, 60
guiso, 66
Hungarian goulash, 67
kromeskies, 160
loaf, 68
Mexican, 66
minced, 69
mock duck, 65
mock rabbit, 65
pats, 360
pickle for corning, 64
pot-pie, 78
pot roast, 62
purchasing, 57, 62
roast, 59, 373
roast with Yorkshire pudding, 62
roasting, 59
sautéing, 61
scalloped, 132
soup, 35
sour, 68
stew, 373, 374
stewing, 61
tea, 353
terrapin, 63
tongue, 69, 70
Beefsteak (broiling), 59
and onions, 374
en casserole, 410
Hamburg, 68
planked, 63
planked, with oysters, 64
planked, Salisbury, 64
rolled, 65
round, 373
Spanish, 66
Beet greens, 140, 380
salads, 173
Beets, 144, 379
pickled, 144, 380
Belgrader bread, 267
Berry charlotte, 191
pudding, 197
Bethlehem apple tart, 282
Beverages, 345
chocolate nectar, 347
Beverages, chocolate syrup, 347
cocoa, 347
coffee, 345
coffee in bulk, 346
egg lemonade, 348
five o'clock punch, 350
fruit drinks, 348
fruit punch, 349
fruit syrup, 349
grape juice, 348
hot chocolate, 347
iced tea, 347
instantaneous coffee, 345
other fruit juices, 349
punch accompaniments, 349
quick lemonade, 348
raspberry vinegar, 349
Russian tea, 346
serving coffee, 346
tea, 346
tea punch, 346
Biscuits,
drop, 243
sour cream, 243
sour milk, 244
tea, 238
Birds' nests, 115
Bisque ice cream, 206
Black-bean soup, 39
Blackberries, stewed, 313
canned, 326
Blackberry jelly, 336
Blanc mange, 184
Blanquette of chicken, 134
Blueberry cake, 258
Bohemian houska, 232
Boiled custard, 181
dinner, 374
frosting, 272
Boiling meat, 60
Bombe glacé, 204
Boston brown bread, 230, 387
roast, 124
Bouillon, 30, 31, 370 397
Braising meat, 61
Bread, in fireless, 386
Bread, hot cakes, 221–250
baking, 222
baking powder, 222
Boston brown, 230, 387
Canada egg, 229
coarse loaf, 230
cocoa, 229

Bread, corn, 228
crumbs, 96
gluten, 227
Graham, 225, 387
in bread mixer, 221
kneading, 221
making, 221
milk, 224
nut, 228
oatmeal, 226
pudding, 192, 391
pulled, 42
raisin, 229
rice, 225
rusk, 235
rye, 227
salt raising, 225
sauce, 100
Scotch short, 230
sticks, 246
white, 223, 224
whole wheat, 226
yeast, 222
Breakfasts, 414
Bridge-whist pudding, 188
Brioche, 234
Broiling, 59
Broth, lamb, 353
Brown Betty, 193
bread, 230, 387
bread pudding, 195
sauce, 99
sugar sauce, 216
Browned soup stock, 367
Browning for sauces, 106
Brussels sprouts, 139
Buckwheat cakes, 247, 248
Buns, 236, 237
cinnamon, 231
English Bath, 236
hot cross, 237
sweet French, 236
Butter, apple, 334
lemon, 314
peach, 334
Butter cake, 257
Butter scotch, 303

C

Cabbage, 138, 380
creamed, 139
farmer's, 133
Cabbage, lady, 138
with pork, 138
Café frappé, 210
parfait, 211
Cake, in fireless, 388
Cakes, 253–274
almond rock cakes, 267
angel cake, 255, 388
apple cake, 233
A-P's, 269
Belgrader bread, 267
berry cake, 258
butter cake, 257
chocolate cakes, 268
chocolate drop cakes, 266
Christmas cake, 389
chocolate wafers, 269
cinnamon, 231
cinnamon sweet cake, 261
cocoanut cake, 260
cocoanut macaroons, 268
coffee, 234
coffee loaf cake, 262
cookies, 271
cornstarch cake, 259
cream sponge, 256
crisp gingerbread, 270
crullers, 270
cup cakes, 265
currant drop cakes, 266
devils' food, 264
drop cakes, 265
Dutch, 232
economical fruit cake, 260
farmers' fruit cake, 259
fruit jumbles, 271
gingerbread, 263, 389
ginger drop cakes, 266
ginger snaps I, 269
ginger snaps II, 269
gold cake, 257
jelly roll, 256
jumbles, 270
kisses, 272
lady cake, 261
lemon cake, 259
macaroons, 268
marble cake, 262
marshmallow cake, 261
meringues, 271
mocha torte, 264
mock pound cake, 260
molasses cake, 263

Cakes, Moravian, 235
nut cake, 389
nut macaroons, 268
oat cakes, 266
oat cookies, 267
one-egg fruit cake, 260
orange cake, 257
orange gingerbread, 270
patriotic cake, 264
peanut cakes, 271
peggy cake, 257
peppernuts, 267
plain cake, 258
potato-flour cake, 256
pound cake, 257
sand tarts, 271
shellbark cake, 258
short cake, 200, 284
silver cake, 258
simple layer cake, 259
snippy-doodle, 263
sour-milk cake, 389
Spanish bun I, 265
Spanish bun II, 265
sponge cake I, 255, 388
sponge cake II, 255, 388
sponge cake III, 256
sponge ginger cake, 263
surprise cake, 262
white cup cake, 261
Calf's foot jelly, 358
head, baked, 70
liver, braised, 72
liver, broiled, 72
liver, stewed, 73
liver, stuffed, 73
liver with cream sauce, 71
Calories, 418
Canada egg bread, 227
Canapés, 25
anchovy, 25
Caviar, 25
cheese, 25
ham, 25
Candied lemon and orange peel, 306
Candy, 301, 406
butter scotch, 303
candied lemon and orange peel, 306
chocolate caramels, 304
chocolate creams, 302
chocolate cream mints, 302
chocolate fudge, 304
cinnamon candy, 303
Candy, cocoa fudge, 304
cocoanut butter scotch, 304
cocoanut cones, 307
cream peppermints, 305
divinity, 306
fondant, 301
fruits glacé, 305
hoarhound candy, 307
Karo candy, 307
marshmallows, 306
Mexican caramels, 305
molasses candy I, 302
molasses candy II, 303
nougat, 302
nuts glacé, 305
orange paste, 306
peanut brittle, 303
pinoche, 303
pop-corn balls, 305
pralines, 304
quick fondant, 301
walnut kisses, 308
Canned blackberries, 326
blueberries, 326
cherries, 326
crab apples, 328
currants, 326
gooseberries, 327
grapes, 326
mushrooms, 329
peach pudding, 195
peaches, 327
pears, 328
pineapple, 328
plums, 327
quinces, 328
raspberries, 325
raspberries and currants, 326
rhubarb, 327
tomatoes, 329
Canning and preserving, 323
cold-pack method, 318
fruits, 321, 324
open-kettle method, 323
vegetables, 321, 328
Canvas-back ducks, 403
Caper sauce, 103
Caramel, 96
custard, 186
ice cream, 206
sauce, 215
Caramels, chocolate, 304
Mexican, 305

Carrots, 143, 381
and peas, 143, 381
Casserole cookery, 409
baked beans en casserole, 411
beefsteak en casserole, 410
brown fricassee of oysters, 411
casserole hash, 411
casserole roast, 410
chicken en casserole, 409
chicken in ramekins, 412
eggs in ramekins, 412
halibut au gratin, 412
lamb en casserole, 410
macaroni in ramekins, 411
rice in ramekins, 411
salmon au gratin, 412
scalloped oysters in ramekins, 411
shin meat en casserole, 412
Catsups, grape, 341
mushroom, 341
tomato, 340
Cauliflower, 139, 381
au gratin, 139
creamed, 139
polonaise, 139
salad, 174
Caviar canapés, 25
sandwiches, 290
Celery, cream of, 33
creamed, 144, 381
sauce, 104
Cereals, 295, 364
baked apple with oatmeal, 296
barley mush, 365
boiled rice, 297, 366
breakfast foods, 366
cereals in fireless, 364
cooking cereals, 295, 364
corn-meal mush, 296, 365
cracked wheat, 365
cream of wheat, 367
farina, 297
fried mush, 296
graham mush, 365
hominy, 297, 365
left-over cereals, 298
oatmeal porridge, 295, 366
oatmeal with cheese, 296
rice and figs, 366
rice in milk, 297
rolled wheat, 366
wheat cereals, 296
Chafing-dish cookery, 397
Chafing-dish cookery, apple dainty, 406
beef chauffé, 405
bouillon, 397
candy, 406
canvas-back ducks, 403
cheese scramble, 400
chicken hollandaise, 398
clam and egg scramble, 403
clam toast, 403
clams à la crème, 402
crab à la crème, 403
cream of tomato, 398
creamed oysters and celery, 401
creamed sardines, 404
curried eggs, 399
deviled lobster, 402
deviled meat, 405
English monkey, 398
fig dainty, 406
frizzle-dizzle, 404
frog saddles, 404
lobster à la crème, 402
lobster stew, 402
macaroni milanaise, 405
macaroni rarebit, 399
Mexican rarebit, 399
Mt. Clemens rarebit, 399
mushrooms with bacon, 405
oyster pan-roast, 401
panned oysters, 401
pigs in blankets, 401
quail, 404
rinktum ditty, 398
roasted oysters, 401
salted almonds, 406
sardine savory, 403
shrimp à la crème, 403
shrimp wiggle, 397
stirred eggs, 400
stock scramble, 400
terrapin, 400
tomato curry, 405
tomato scramble, 400
veal with asparagus tips, 404
Welsh rarebit, 398
Charlotte russe, 189
Cheese, 119
cake, 282
canapés, 25
cottage, 124
filling for sandwiches, 291
omelet, 113

Cheese, rolls, 126
scramble, 400
soufflé, 126
soup, 36
straws, 292
Cherries, canned, 326
pickled, 333
preserved, 330
stewed, 313
Cherry conserve, 331
mousse, 211
pie, 282, 393
pudding, 392
sauce for ices, 212
tapioca, 191
Chestnuts, 150
boiled, 150
roasted, 150
Chicken à la crane, 162
à la king, 162
and oysters, 87
barbecued, 86
blanquette of, 134
broiled, 85
broth, 30
croquettes, 163
curry, 374
en casserole, 409
forcemeat, 93
fricassee, 86, 374
fried, 86
giblets, 84
gumbo, 37
hollandaise, 398
in ramekins, 412
patties, 162
pie, 86, 375
planked, 85
roast, 84, 375
salad, 169
soup, 368
stew, 85, 375
terrapin, 87
Child, 444
diet for, 442
height, weight, age, 442
Children's rusk, 235
Chile bisque, 32
Chili sauce, 340
Chocolate cakes, 264
caramels, 304
charlotte, 190
cream mints, 302
Chocolate creams, 302
devils' food, 264
drop cakes, 266
éclairs, 199
filling, 273
frappé, 210
frosting, 273
fudge, 304
hot, 347
ice cream, 206
nectar, 347
parfait, 211
pudding, 183
sauce, 217
syrup, 347
wafers, 269
Chop suey, 66
Chowder,
clam, 41
corn, 41
Christmas cake, 389
Cinnamon bun, 231
cake, 231
candy, 303
sweet cake, 261
toast, 291
Citron preserve, 333
Clam and egg scramble, 403
bouillon, 31
chowder, 41
cocktail, 24
fritters, 51
soup, 32
toast, 403
Clams, 50
à la crème, 402
creamed, 51
panned, 53
Club sandwich, 291
Coarse loaf, 230
Cocktails, 23–25
clam, 24
grapefruit, 24
lobster, 23
mixed fruit, 24
oyster, 23
peach, 25
pineapple and banana, 24
raspberry, 24
strawberry, 24
Cocoa, 347
bread, 229
fudge, 304

Cocoa, sauce, 218
for lunch room, 449
Cocoanut butter scotch, 304
cake, 260
cones, 307
cornstarch, 183
custard, 282
filling, 274
junket, 183
macaroons, 268
tapioca, 185
Codfish, 49
balls, 50, 371
kedgaree, 115
Coffee, 345
cake, 234
ice cream, 206
in bulk, 346
instantaneous, 345
jelly, 187
loaf cake, 262
serving, 346
Cold slaw, 173
slaw dressing, 173
Cold pack method, 318
Colored Mayonnaise, 168
Collation, evening, 20
Combination salad, 171
sherbet, 209
sandwich, 291
Combinations for menu-making, 80
Consommé, 30
Cooked dressing, 168
Cookery,
casserole, 409–413
chafing dish, 397–406
fireless, 363–393
invalid, 353–360
principles of, 3–8
Cookies, 271
Cooking, methods of, 6, 59–61
by fireless, 363
purpose of, 5
Cordial, 350
Corn and cheese soufflé, 125
baked, 381
baked with tomatoes, 381
boiled green, 382
bread, 228
bread with yeast, 228
chowder, 41
cream of, 34
griddle cakes, 248
Corn meal mush, 296, 365
muffins, 242
muffins with yeast, 242
off the cob, 148
on the cob, 148
pudding, 149
soup, 368
succotash, 149
Corned beef, 64, 372
beef hash, 132
Cornstarch cake, 259
pudding, 182
Cottage cheese, 124
pudding, 192, 391
Course dinner, 16
Crab à la crème, 403
Crabs, deviled, 54
Cracked wheat, 365
Cracker gruel, 354
Crackers, soaked, 357
baked with cheese, 125
Cranberries, stewed, 313
Cranberry frappé, 210
sauce, 104
tart, 281
Cream, almond, 185
for puffs, 199
of asparagus soup, 33
of celery soup, 33, 369
of corn soup, 34
of lettuce soup, 34
of pea soup, 33, 370
of potato soup, 32
of spinach soup, 34
of tomato soup, 33
of tomato sauce, 102
of wheat, 367
peppermints, 305
puffs, 199
sauce, 100, 215
sponge, 256
stock, 30
toast, 357
Cream dressing, 168
Creamed frizzled beef, 69
hash, 132
Croquettes, chicken, 163
fish, 134
meat, 164
potato, 152
rice, 164
Croutons, 41
Crullers, 270

Crumb griddle cakes, 248
Crust for pies, 277, 278, 279
Cucumber salad, 173
Cucumbers, stuffed, 155
Cup cakes, 265
  custards, 186
Currants, spiced, 332
  Currant drop cakes, 266
  ice, 208
  jelly, 336
  tea-ring, 233
Curry of beef, 131
  of lamb, 132
  of rabbit, 164
  of tomato, 405
  of veal, 70, 377
  sauce, 101
Cusk à la crème, 134
Custard, 181, 358
  boiled, 181
  caramel, 186
  cup, 186
  pie, 281, 393
  sauce, 215
  tapioca, 185
Cutlets, 134
  fish, 134

D

Dandelions, 141
Date and fig sandwiches, 288
  sponge, 198
Delicate pudding, 190
Desserts and puddings, 181–200
  in fireless, 390–393
  frozen, 203–212
  see puddings, 181
Deviled crabs, 54
  eggs, 171
  meat, 405
Devils' food, 264
Diagram of cuts of beef, 58
  of cuts of lamb and mutton, 61
  of cuts of pork, 76
  of cuts of veal, 71
Diet for the school child, 445–448
  for weight control, 437–442
  rules for balancing, 430
Dinner, 11–18
  formal, 13
  informal, 18
  menus, 15, 16
  rolls, 239
Dinner, without meat, 120, 121
Divinity, 306
  frosting, 273
Doughnuts, 231, 270
Drawn butter, 101
Dressing, for roast, 94, 95
  for salad, 167–169
Dried beans and peas, 142
  beans sauté, 123
  fruits, 313, 390
  peas, beans, lentils, 121
Drippings, 95
Drop biscuit, 243
  cakes, 265, 266
  dumplings, 249
Duck, roast, 87
  mock, 65
  salmi, 164
Dumplings, baked apple, 280
  drop, 249
  rolled, 249
Dutch cake, 232

E

Economical fruit cake, 260
  ice cream, 204
  short cake, 284
  soup, 38
Economy, 8
Egg and olive sandwiches, 290
  gruel, 354
  lemonade, 348
  milk-shake, 357
  muffins, 243
  salad, 172
  sandwiches, 289
  sauce, 100, 216
  toast, 291
Eggplant, baked, 147
  broiled, 148
  fried, 147
Eggs, 109–116
  bacon and, 78
  baked à la Martin, 114
  baked omelet, 113
  Beauregard, 115
  birds' nests, 115
  boiled, 109
  cheese omelet, 113
  coddled, 109
  codfish omelet, 113
  corn omelet, 112
  crumb omelet, 112

Eggs, curried, 110, 399
deviled, 171
fried, 109
golden buck, 114
griddled, 110
ham and, 77
ham omelet, 111
in ramekins, 412
Japanese, 115
kedgaree, 115
ox eyes, 114
oyster omelet, 113
plain omelet, 110
poached, 109
rice omelet, 111
savory omelet I, 111
savory omelet II, 111
scambled, 110
shirred, 110
Spanish, 116
stirred, 400
sweet omelet, 112
tomato omelet, 112
Welsh rarebit, 114
with almonds, 128
Energy requirements, 424, 425
English Bath buns, 236
monkey, 398
muffins, 240
plum pudding, 194
scones, 238
Entertaining, 11
Entrées, 159
apple fritters, 159
banana fritters, 160
beef kromeskies, 160
chicken à la crane, 162
chicken à la king, 162
chicken croquettes, 163
chicken patties, 162
curried rabbit, 164
fritter batter, 159
ham patties, 162
meat croquettes, 164
meat patties, 162
oyster fritters, 159
patty shells, 163
rice timbales, 161
rissoles, 160
Roman gnocchi, 160
salmi of game, 164
timbale cases, 161
timbale of macaroni, 161
Entrées, vegetable fritters, 159
vol-au-vent, 163
Evening collation, 20

F

Farina, 297
Farmers' cabbage, 133
fruit cake, 259
Fig dainty, 406
dessert, 191
filling, 274
pudding, 391
sandwiches, 288
Figs, 359, 390
Filipino beef, 67
Filling, cake,
cocoanut, 274
chocolate, 273
fig, 274
fruit, 274
lemon, 274
marshmallow, 274
orange, 274
Fireless cookery, 363–393
bread and biscuits, 386, 387
cereals, 364–367
cakes, 388, 389
desserts, 391–393
fish, 370–372
fruits, 390
meats, 372–378
soups, 367–370
vegetables, 379–385
Fish, 45–54, 370
baked, 51, 371
baked fillets of halibut, 49
baked shad, 48
boiled, 46
boiled salmon, 372
broiled, 47
broiled oysters, 53
clams, 50
clam fritters, 51
cleaning, 46
codfish, 49
codfish balls, 50, 371
creamed clams, 51
creamed oysters, 52
creamed salmon, 50
croquettes, 134
cusk à la crème, 134
cutlets, 134
deviled crabs, 54

Fish, forcemeat for baked, 94
fried, 47
fried oysters, 51
fried scallops, 50
fried smelts, 49
frogs, 54
lake trout, 371
lobster, 53, 402
oyster pie, 51
oyster stew, 52
panned oysters, 53
planked halibut, 48
planked lobster, 54
planked shad, 48
salmon surprise, 50
salt-fish dinner, 49
scalloped oysters, 52
scalloped salmon, 371
shad roe, 48
shirred oysters, 52
stewed terrapin, 53
terrapin, 53
turbot, 372
white fish, 371
Fish, in fireless, 370
Flaxseed tea, 355
Flowering ice cream, 204
Foamy sauce, 217
Fondant, 301
Food groups, 4, 419
Food as fuel, 3
Food values, 3, 417
Foods, served in place of meats, 119
Forcemeats, stuffings, etc., 93
beef forcemeat, 94
bread stuffing, 95
caramel, 96
chicken forcemeat, 93
drippings, 95
ham forcemeat, 93
oyster stuffing, 94
potato stuffing, 95
prepared bread crumbs, 96
quenelles, 93
stuffing for baked fish, 94
suetine, 95
veal forcemeat, 94
Frappé, 210
French dressing, 169
tart, 280
Fricasseeing, 61
Fritter batter, 159
Fritters, apple, 159
Fritters, banana, 160
beef kromeskies, 160
oyster, 159
vegetable, 159
Frizzle-dizzle, 404
Frizzled beef, 69
Frog saddles, 404
Frogs, 54
Frosting, cake, 272, 273
boiled, 272
chocolate, 273
divinity, 273
maple sugar, 273
ornamental, 272
plain, 272
Frozen cherries, 208
cocoanut custard, 205
custard, 205
fruits, 208
peaches, 208
pudding, 205
raspberries, 208
strawberries, 208
Frozen desserts, 203–212
bisque ice cream, 206
bombe glacé, 204
café frappé, 210
café parfait, 211
caramel ice cream, 206
cherry mousse, 211
chocolate frappé, 210
chocolate ice cream, 206
chocolate parfait, 211
coffee ice cream, 206
combination sherbet, 209
cranberry frappé, 210
currant ice, 208
economical ice cream, 204
flowering ice cream, 204
frozen cherries, 208
frozen cocoanut custard, 205
frozen custard, 205
frozen peaches, 208
frozen pudding, 205
frozen raspberries, 208
frozen strawberries, 208
fruit granite, 209
ginger frappé, 210
grape-fruit frappé, 210
grape sherbet, 209
lemon ice, 207
lemon ice cream, 207
lemon sherbet, 209

Frozen desserts, making, 203
maple mousse, 212
meringues glacées, 205
mousse, 211
orange ice, 207
orange pekoe sherbet, 210
orange sherbet, 209
peach ice cream, 207
pineapple ice, 208
pineapple ice cream, 207
pineapple mousse, 212
strawberry ice cream, 207
tutti-frutti ice cream, 206
vanilla ice cream I, 204
vanilla ice cream II, 204
Fruit, 311
and nut salad, 175
cake, 259, 260
cocktail, 24
dried, 313, 390, 391
drinks, 348
filling, 274
granite, 209
juices, 349
jumbles, 271
preserving, 329
prunes, 391
punch, 349
pyramids, 176
salad, 175
sandwiches, 288
sauce, 216
syrup, 349
Fruits glacé, 305
Frying, 60
Fudge, 304

G

Game, 83–90
Giblet sauce, 99
Giblets, 84
Ginger drop cakes, 266
frappé, 210
snaps, 269
sponge, 263
Gingerbread, 263, 389
crisp, 270
orange, 270
Gluten bread, 227
gems, 244
Gold cake, 257
Golden buck, 114
Gooseberries, canned, 327
Graham bread, 225, 387
muffins, 240
mush, 365
puffs, 244
wafers, 243
Grapes, canned, 326
Grape-fruit and pineapple salad, 177
cocktail, 24
frappé, 210
marmalade, 331
salad, 177
Grape jelly, 336
catsup, 341
juice, 348
sherbet, 209
Green-grape jelly, 336
Green peppers, stuffed, 147
tomato sauce, 339
Griddle cakes, 246–248
buckwheat, 247
corn, 248
crumb, 248
oatmeal, 246
rice, 248
wheat, 246
Grouse, roasted, 89
Gruel,
arrowroot, 355
cracker, 354
egg, 354
Indian, 354
oatmeal, 353
sago, 354
Guests, seating the, 14
Guinea fowls, 88
Guiso, 66
Gumbo, 35

H

Half puff-paste, 278
Halibut au gratin, 412
baked fillets of, 49
planked, 48
Ham and eggs, 77
baked, 77
boiled, 76, 376
broiled, 77
canapés, 25
forcemeat, 93
frizzled, 77
patties, 162
stewed, 77
Hamburg steak, 68

Hard sauce, 218
Haricot of mutton, 74
Hash, 131, 132
  baked, 131, 376
  corned beef, 132
  creamed, 132
Health pie, 284
Hints on serving, 17
Hoarhound candy, 307
Hollandaise sauce, 101
Home lunches, 449
Hominy, 297, 365
  pudding, 184
Horseradish sauce, 102
Hot cakes, 246–249
  chocolate sauce, 217
  cross buns, 237
Huckleberry pudding, 197
Hungarian goulash, 67
Hundred calorie portions, 433, 434

I

Ice creams and ices, 203
Icing, 272
Imperial sticks, 42
India curry, 70
Indian gruel, 354
  baked pudding, 196
  boiled pudding, 197
Informal dinner, 18
Introductions, 13
Invalid cookery, 353
  albumenized water, 356
  arrowroot, 355
  arrowroot water, 355
  beef pats, 360
  beef tea, 353
  calf's foot jelly, 358
  chicken panada, 360
  cracker gruel, 354
  cream toast, 357
  custard, 358
  egg gruel, 354
  egg milk-shake, 357
  flaxseed tea, 355
  French panada, 356
  Indian gruel, 354
  koumiss, 359
  lamb broth, 353
  lemon foam, 358
  lemon whey, 358
  milk toast I, 356
  milk toast II, 357
Invalid cookery, oatmeal gruel I, 353
  oatmeal gruel II, 354
  oysters on toast, 360
  panada, 356
  potatoes on the half-shell, 359
  rice water, 356
  sago gruel, 354
  soaked crackers, 357
  squabs or any small birds, 360
  stewed figs, 359
  sunshine orange, 357
  tapioca, 359
  toast water, 355
  whipped apple sauce, 358
Invitations, 12
Irish stew, 75, 375

J

Japan sandwiches, 290
Jellies, 334–336
Jelly, coffee, 187
  apple, 335
  blackberry, 336
  currant, 336
  green-grape, 336
  lemon, 187
  mint, 335
  plum, 336
  quince, 335
  raspberry and currant, 336
  raspberry, 336
  ripe-grape, 336
  roll, 256
  sauce, 104
  strawberry, 336
  whipped, 187
Jelly making, 334
Jiffy pudding, 200
Joyful pudding, 189
Julienne soup, 38
Jumbles, 270
Junket, cocoanut, 183

K

Kale, 140
Karo candy, 307
Kedgaree, 115
Kidneys, 79
Kisses, 272
  walnut, 308
Kneading, 221
Kohl-rabi, 143
Koumiss, 359

L

Lady cabbage, 138
  cake, 261
Lake trout, baked, 371
Layer cake, 259
Lamb, boiled leg of, 376
  boiling, 60
  broiling, 59
  broth, 353
  chops, roasted, 376
  curry of, 132
  cuts of, 74
  en casserole, 410
  fricasseeing, 61, 376
  frying, 60
  roasting, 59, 376
Leeks, 141
Left-overs, 131–134
  baked hash, 131
  blanquette of chicken, 134
  corned-beef hash, 132
  creamed hash, 132
  curry of beef, 131
  curry of lamb, 132
  cusk à la crème, 134
  farmers' cabbage, 133
  fish croquettes, 134
  fish cutlets, 134
  mock venison, 132
  potted meat, 133
  scalloped beef, 132
  scalloped fish, 134
  serving left-overs, 131
  stew from cold meat, 133
  veal cakes, 133
Left-over cereals, to use, 298
Lemon butter, 314
  cake, 259
  candied peel, 306
  cream pie, 281
  filling, 274
  foam, 358
  ice, 207
  ice cream, 207
  jelly, 187
  meringue pie, 280
  pie, 393
  sauce, 217
  sherbet, 209
  whey, 358
Lemonade, 348
Lentil soup, 370
Lentils à la Creole, 122
  baked, 122
Lettuce and cream-cheese sandwiches, 289
  and walnut sandwiches, 289
  boiled, 140
  cream of, 34
  salad, 170
Lima beans, 142, 382
  purée, 382
Liver, 71–73
  and bacon, 72
  braised, 72
  broiled, 72
  stewed, 73
  stuffed calf's, 73
Lobster, 53
  à la crème, 402
  cocktail, 23
  deviled, 402
  salad, 170
  stew, 402
  to clean, 53
Lunch rolls, 239
Luncheons, 11, 16
Lunches,
  basket, 447
  home, 447
  picnic, 287
  school, 445

M

Macaroni, baked, 125, 385
  boiled, 155
  in ramekins, 411
  milanaise, 405
  rarebit, 399
  with cheese, 125, 386
  with tomatoes, 386
Macaroons, 268
  cocoanut, 268
  nut, 268
Maitre d'hotel butter, 101
Maple mousse, 112
  sugar frosting, 273
Marble cake, 262
Marine salad, 175
Marketing, 8
Marmalades, 331
  grape-fruit, 331
  orange, 332
Marshmallow cake, 261
  filling, 274

Marshmallows, 306
Mayonnaise dressing, 167
colored, 168
mock, 168
white, 168
Meals, menus for a week's, 414, 432
Meat croquettes, 164
filling for sandwiches, 287
patties, 162
pot-pie, 78
sandwiches, 287
Meat substitutes, 119–128
almonds with eggs, 128
baked beans, 123
baked crackers with cheese, 125
baked lentils, 122
baked macaroni with cheese, 125
baked rice, 126
beans, Mexican, 124
Boston roast, 124
cheese rolls, 126
cheese soufflé, 126
corn and cheese soufflé, 125
cottage cheese, 124
dinners without meat, 120
dried beans sauté, 123
dried peas, beans, lentils, 121
English rice, 126
foods served in place of meat, 119
lentils à la Creole, 122
migas, 125
nut and cheese relish, 177
nut and fruit cheese, 127
nut roast, 127
nut soufflé, 128
peanut butter, 127
pimiento roast, 124
purée of dried beans, 123
vegetable meat pie, 128
Meats, 57, 372
methods of cooking, 59–61
purchasing, 57
various cuts, 58, 71, 74, 76
in fireless, 372
Menu and table, 15
for full course dinner, 15, 16
Menu making, combinations for, 80
Menus, 15, 16
for dinners without meat, 120
for a week, 414, 432, 452
Meringues, 271
glacées, 205
Mexican beef, 66
Mexican caramels, 305
rarebit, 399
Migas, 125
Milk bread, 224
toast, 356
Milk-shake, egg, 357
Mince-meat, 283
Mint jelly, 335
sauce, 100
Mixed fruit cocktail, 24
pickle dressing, 339
pickles, 339
Mixing, cake, 253
Mocha Torte, 264
Mock charlotte, 183
crab sandwiches, 290
cream, 218
duck, 65
Mayonnaise, 168
pound cake, 260
rabbit, 65
turtle, 35
venison, 132
Molasses cake, 263
candy, 302, 303
Mollette, 249
Moravian cake, 235
Mt. Clements rarebit, 399
Mountain-dew pudding, 186
Mousse, 211
Muffins, 240, 243
corn, 242
egg, 243
English, 240
Graham, 240
oatmeal, 241
rice, 242
Sally Lunn, 241
wheat, 241
Mullagatawny, 37
Mush, 296
barley, 365
cornmeal, 296
fried, 296
graham, 365
Mushroom catsup, 341
sauce, 103
Mushrooms à la poulette, 150
baked, 150
broiled, 149
stewed, 149
with bacon, 405
Mutton, boiling, 60

Mutton, braising, 61
broiling, 59
chops with peas, 75
cuts of, 74
haricot of, 74
Irish stew, 75, 375
leg of, 376
mock venison, 132
pot-pie, 78
purchasing, 73
ragout of, 75
roasting, 59
shoulder, boiled, 74
shoulder, stuffed, 73
soup, 36

N

Nasturtium salad, 172
Nasturtium seeds, pickled, 341
Newmarket pudding, 194
Noodle soup, 39
Normandy salad, 175
Nougat, 302
Novel tomato salad, 171
Nut and cheese relish, 177
and fruit cheese, 127
and raisin sandwiches, 288
bread, 228
butter, 127
cake, 389
macaroons, 268
roast, 127
sandwiches, 288
soufflé, 128
Nuts glacé, 305

O

Oat cakes, 266
cookies, 267
Oatmeal, 295, 366
bread, 226
griddle cakes, 246
gruel, 353, 354
muffins, 241
porridge, 295
with baked apple, 296
with cheese, 296
October salad, 176
Okra, 147
Olive sandwiches, 288
Omelet, baked, 113
cheese, 113
codfish, 113
corn, 112
Omelet, crumb, 112
ham, 111
oyster, 113
plain, 110
rice, 111
savory, 111
sweet, 112
tomato, 112
One-egg cake, 260
waffles, 245
Onions, boiled, 144, 382
fried, 145
scalloped, 145
stewed, 144
Open-kettle method, 323
Orange cake, 257
filling, 274
gingerbread, 270
ice, 207
marmalade, 332
paste, 306
pekoe sherbet, 210
pudding, 184
sauce, 105
sherbet, 209
Ornamental frosting, 272
Oven scones, 237
Overweight, causes of, 437
Ox eyes, 114
Ox-tail soup, 36
Oyster bouillon, 31
cocktail, 23
fritters, 159
pan-roast, 401
pie, 51
sauce, 103
soup, 31
stew, 52
Oysters, broiled, 53
brown fricassee of, 411
creamed, 52
creamed with celery, 401
fried, 51
on toast, 360
panned, 53, 401
roasted, 401
scalloped, 52, 411
shirred, 52

P

Panada, 356
chicken, 360
French, 356

Puddings and desserts, jiffy pudding, 200
joyful pudding, 189
lemon jelly, 187
mock charlotte, 183
mountain-dew pudding, 186
Newmarket pudding, 194
orange pudding, 184
peach cobbler, 198
peach patties, 195
peach pudding, 193
prune whip, 189
queen of puddings, 193
raisin puff, 194
realengo, 190
rice blanc mange, 184
rice meringue I, 182
rice meringue II, 182
rice pudding, 181
savarin, 198
Spanish cream, 188
sponge-cake pudding, 196
steamed fruit pudding, 197
strawberry trifle I, 187
strawberry trifle II, 187
suet pudding I, 195
suet pudding II, 195
tapioca custard, 185, 392
walnut and date dainty, 199
whipped jelly, 187
whips, 189
Puff-paste, 277
Pulled bread, 42
Pumpkin pie, 280, 393
Punch, 346, 349
fruit, 349
five o'clock, 350
frozen, 209, 210
tea, 346
Purchasing beef, 62
Purée of dried beans, 123
Purpose of cooking, 5

Q

Quail, 404
Queen of puddings, 193
Quenelles, 93
Quince jelly, 335
Quinces, baked, 312
canned, 328
stewed, 312

R

Rabbit, 88
curried, 164
mock, 65
panned, 88
Raisin bread, 229
compote, 332
pie, 281
puff, 194
Ralston's breakfast food, 366
Rarebit, 114, 398
Raspberries and currants, 326
canned, 325
stewed, 313
Raspberry and currant jelly, 336
cocktail, 24
jelly, 336
sauce, 219
vinegar, 349
Rations, balanced, 417
Realengo, 190
Recipe proportions, table of, 250
Reheating vegetables, 156
Relish, nut and cheese, 177
Rhubarb pie, 280
stewed, 313
Ribbon sandwiches, 289
Rice and figs, 366
baked, 126
blanc mange, 184
boiled, 297, 366
bread, 225
cakes, 248
English, 126
in milk, 297
in ramekins, 411
meringue, 182
muffins, 242
pudding, 181
water, 356
Rinktum ditty, 398
Ripe-grape jelly, 336
Rissoles, 160
Rhubarb, stewed, 313
Roasting, 59
Rock cakes, almond, 267
Rolled dumplings, 249
steak, 65
wheat, 366
Rolls, dinner, 239
lunch, 239
Parker House, 239
tea, 238

Roman gnocchi, 160
Round steak on biscuits, 373
Rusk, 235
Russian tea, 346
Rye bread, 227

S

Sago gruel, 354
Salad dressing, cooked, 168
  dressing, cream, 168
  dressing, French, 169
  dressing, in large quantity, 169
  dressing, Mayonnaise, 167, 168
Salads, 167
  banana dainty, 177
  banana salad, 176
  beet salad, 173
  cauliflower salad, 174
  chicken salad, 169
  cold slaw, 173
  cold-slaw dressing, 173
  colored Mayonnaise, 168
  combination salad, 171
  cooked dressing (mock Mayonnaise), 168
  cream dressing, 168
  cucumber salad, 173
  deviled eggs, 171
  egg salad, 172
  French dressing, 169
  fruit and nut salad, 175
  fruit pyramids, 176
  fruit salad, 175
  grape-fruit and pineapple, 177
  grape-fruit salad, 177
  lettuce salad, 170
  lobster salad, 170
  making salads, 167
  marine salad, 175
  Mayonnaise dressing, 167
  nasturtium salad, 172
  Normandy salad, 175
  novel tomato salad, 171
  October salad, 176
  peanut salad, 176
  pepper and cream cheese salad, 172
  potato salad I, 172
  potato salad II, 172
  salad dressing in large quantity, 169
  sardine salad, 170
  shrimp salad, 170
  salmagundi salad, 174
  salmon salad, 170
Salads, tomato jelly, 171
  tomato surprises, 169
  tulip salad, 177
  walnut salad, 176
  water-lily salad, 174
  watermelon salad, 175
  white Mayonnaise, 175
  winter salad, 174
Sally Lunn, 241
Salmagundi salad, 174
Salmi of game, 164
Salmon au gratin, 412
  boiled, 372
  creamed, 50
  salad, 170
  scalloped, 371
  surprise, 50
Salsify, 143
Salt fish dinner, 49
  pork in milk, 78
  rising bread, 225
Salted almonds, 292, 406
  peanuts, 292
Sand tarts, 271
Sandwiches, 287
  anchovy, 288
  Bohemian, 287
  caviar, 290
  cheese filling for, 291
  club, 291
  combination, 291
  date and fig, 288
  egg, 289
  egg and olive I, 290
  egg and olive II, 290
  fig, 288
  fruit, 288
  Japan, 290
  lettuce and cream-cheese, 289
  lettuce and walnut, 289
  meat, 287
  meat filling for, 287
  mock crab, 290
  nut, 288
  nut and raisin, 288
  olive, 288
  ribbon, 289
  sardine, 290
  surprise, 289
  sweet, 289
Sardine salad, 170
  sandwiches, 290
  savory, 403

Sardines, creamed, 404
Sauces, 99
anchovy, 102
apple, 105
béchamel, 104
bread, 100
brown, 99
browning for, 106
caper, 103
celery, 104
cranberry, 104
cream, 100
cream, with mushrooms, 100
cream of tomato, 102
curry, 101
drawn butter, 101
egg, 100
giblet, 99
Hollandaise, 101
horseradish, 102
jelly, 104
maître d'hôtel butter, 101
mint, 100
mushroom, 103
orange, 105
oyster, 103
piquante, 100
suprême, 103
stewed cranberries, 104
sweet, 215
Tartare, 101
tomato, 102
white, 102
Sauces to serve with meats, fish, etc., 105
Sauer kraut, 384
Sautéing, 61
Savarin, 198
Savories, 287, 292
Scallops, fried, 50
Scones, 237, 238
School lunches, 445
School lunch room bills of fare, 448
Scotch oat cake, 244
short bread, 230
Serving, hints on, 17
Shad, baked, 48
planked, 48
roe, 48
Shellbark cake, 258
Sherbets, 209
Shin meat en casserole, 412
Short cake, fancy, 284
Short cake, plain, 284
strawberry, 200
Shrimp à la crême, 403
salad, 170
wiggle, 397
Silver cake, 258
Smelts, fried, 49
Snippy-doodle, 263
Soufflé, cheese, 126
corn and cheese, 125
nut, 128
Soups, in fireless, 367
Soups, to serve with, 41
croutons, 41
imperial sticks, 42
pulled bread, 42
Soups, 29, 367
barley, 38
bean, 368
beef, 35
beef bouillon, 30
black-bean, 39
bouillon, 370
cheese, 36
chicken broth, 30
chicken gumbo, 37
chicken soup, 368
chile bisque, 32
clam, 32
clam chowder, 41
clam bouillon, 31
corn chowder, 41
corn soup, 368
consommé, 30
cream of potato, 32
cream of tomato, 33
cream of pea, 33
cream stock, 30
cream of celery, 33, 369
cream of asparagus, 33
cream of corn I, 34
cream of corn II, 34
cream of pea, 370
cream of spinach, 34
cream of lettuce, 34
economical, 38
gumbo, 35
Julienne, 38
lentil, 370
meat stock, 29
mock turtle, 35
mullagatawny, 37
mutton, 36

Soups, noodle, 39
ox-tail, 36
oyster bouillon, 31
oyster I, 31
oyster II, 32
peapod, 33
pepper pot, 37
pimiento bisque, 40
potato, 369
stock, 29, 30, 367
tomato, 39, 368
turkey-bone, 36
turtle, 369
vegetable stock, 29
vegetable I, 40, 369
vegetable II, 40
vermicelli, 38
Sour beef, 68
cream biscuit, 243
milk biscuit, 244
milk cake, 389
Spanish beefsteak, 66
bun, 265
cream, 188
Spiced currants, 332
pears, 333
Spinach, 140, 384
cream of, 34
Sponge cake, 255, 256, 388
cake pudding, 196
ginger cake, 263
Squabs or any small birds, 360
Squash, 148, 384
baked, 148
pie, 280
steamed, 148
Steamed fruit pudding, 197
Stew from cold meat, 133
Irish, 75
Stewing meat, 61
Stock for soup, 29, 30, 367
cream stock, 30
meat, 29
scramble, 400
vegetable, 29
Strawberries and pineapple, 330
preserved, 330
Strawberries in the sun, 330
Strawberry cocktail, 24
ice cream, 207
jelly, 336
short cake, 200
trifle, 187
String beans, 384
Stuffing, bread, 95
for baked fish, 94
oyster, 94
potato, 95
Substitutes for meat, 119–128
Succotash, 149
Suetine, 95
Suet pudding, 195
Sunshine orange, 357
Suprême sauce, 103
Surprise cake, 262
sandwiches, 289
Sweet French buns, 236
Sweet sandwiches, 289
Sweet sauces, 215
brown-sugar sauce, 216
caramel sauce I, 215
caramel sauce II, 215
cherry sauce for ices, 212
chocolate sauce, 218
cream sauce, 215
custard sauce, 215
egg sauce, 216
foamy sauce, 217
fruit sauce, 216
hard sauce I, 218
hard sauce II, 218
hot chocolate sauce I, 217
hot chocolate sauce II, 217
lemon sauce, 217
mock cream, 218
raspberry sauce, 217
table syrup, 249
vanilla sauce, 217
whipped cream, 216
Sweetbreads, broiled, 79
in fireless, 377
stewed, 79
Syrup, chocolate, 347
table, 249
Syrups, fruit, in canning, 321

T

Table syrup, 249
Tables of height, weight, age,
for men and women, 441, 442
for boys and girls, 450, 451
Table of energy needs, 425
calorie portions, 433, 434
food nutrients, 4
recipe proportions, 250

Tapioca, 359
and apples, 392
custard, 185, 392
Tart, Bethlehem, 282
cranberry, 281
French, 280
peach, 283
sand, 271
torto frutas, 279
Tartlets, 279
Tartare sauce, 101
Tea, 346
beef, 353
biscuits, 238, 387
iced, 347
punch, 346
Russian, 346
rolls, 238
Tea ring, currant, 233
Terrapin, 53, 400
Three-egg waffles, 246
Timbale of macaroni, 161
cases, 161
rice, 161
Time tables for blanching and sterilizing, 323
Toast, cinnamon, 291
cream, 357
egg, 291
milk, 356
water, 355
Tomato catsup, 340
cream of, 33
curry, 405
jelly, 171
salad (combination), 171
salad (novel), 171
sauce, 102
scramble, 464
soup, 39, 418
surprise, 169
Tomatoes, boiled, 385
fried, 146
scalloped, 145
stewed, 145, 385
stuffed, 145
Tongue, boiled, 69, 377
smoked, boiled, 70
Torto frutas, 279
Tripe, 79
Tulip salad, 177
Turbot, 372
Turkey, roast, 87
Turkey, bone soup, 36
Turkish pilaf, 146
Turnips, boiled, 142, 385
Turtle soup, 369
Tutti-frutti, 334
ice cream, 206

V

Vanilla ice cream, 204
sauce, 217
Veal and rice, 378
cakes, 133
calf's head, 70
croquettes, 377
curry of, 70, 377
cuts of, 71
forcemeat, 94
India curry, 70
liver, 71
loaf, 70, 378
pot-pie, 78
roast, 378
rolls, 428
with asparagus tips, 404
with rice, 378
Vegetable fritters, 159
hash, 155
meat pie, 128
soup, 40, 369
stock, 29
Vegetables, 137–156
in fireless, 379
reheating, 156
Venison, haunch of, roasted, 89
mock, 132
neck and shoulder, 89
steak, 90
Vermicelli soup, 38
Vinegar, celery, 178
mint, 178
tarragon, 178
raspberry, 349
Vitamins, 420
Vol-au-vent, 163

W

Wafers, chocolate, 269
Graham, 243
perfect cream, 243
Waffles, one egg, 245
three egg, 246
with yeast, 245

Walnut and date dainty, 199
bread, 228
kisses, 308
salad, 176
Washington pie, 283
Water-lily salad, 174
Watermelon salad, 175
Weight-control, diet for, 437
Weight, how to add, 439
how to reduce, 437
tables, 441, 450, 451
Welsh rarebit, 114, 126, 398
Wheat cereals, 296
griddle cakes, 246
muffins, 241
Whey, lemon, 358
Whipped apple sauce, 358
Whipped cream, 216
Whipped jelly, 187
Whips, 187
White bread in bread-mixer, 224
bread, over night, 223
bread, quick method, 223
bread, sponge method, 223
cup cake, 261
fish, boiled, 371
Mayonnaise, 168
sauce, 102
soup stock, 367
Winter salad, 174

Y

Yeast, 222
Yorkshire pudding, 62

Z

Zwieback, 245

WEIGHTS AND MEASURES

2 gills = 1 cup
2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon
16 ounces = 1 pound
8 quarts = 1 peck
4 pecks = 1 bushel

EQUIVALENT MEASURES

4 level saltspoons = 1 level teaspoon
3 level teaspoons = 1 level tablespoon
16 level tablespoons = 1 cup
1 wineglass = ½ gill
2 cups granulated sugar = 1 pound
2 solid cups butter = 1 pound
4 cups flour = 1 pound
1 cup raisins or currants = 6 ounces

GOOD TO REMEMBER

One teaspoon or tablespoon means a level teaspoon or tablespoon.

A tin, aluminum or glass measuring cup should be used for all measuring. These cups are marked off in quarters and thirds and insure accuracy.

Aluminum cooking utensils are the best for general use. They are expensive in the beginning, but outwear other kinds. They are light in weight and easily cleaned, and there is no enamel to chip off and poison the food.

Discolored pans and kettles, not aluminum, should be boiled in water to which a lump of washing soda has been added.

Scrupulous cleanliness and eternal vigilance are the essentials of all good cooking.

If the oven becomes too hot while bread or cake is baking, it may be cooled by setting a pan of water in it.

If bread or cake browns too quickly, cover with a piece of paper.

Pies should always be baked in a quick oven, with the greatest heat at the bottom.

Cakes will seldom stick if this direction is followed: Grease the pans carefully; dust lightly with flour; shake out the superfluous flour and pour in the mixture.

Muffins and gems will be lighter if baked in pans that have been thoroughly heated as well as greased.

Biscuit dough should be as soft as possible. Biscuits will be lighter and crisper if not allowed to touch each other on the baking tin.

Meat should never be put in cold water except in making soup, for cold water draws out the juices. Wipe with a wet cloth, or rinse and dry at once, and in cooking use boiling water.

Tomatoes that are too strongly acid are improved by a pinch of baking soda. The soda should always be added when they are to be mixed with milk or cream, to prevent curdling.

The white of eggs will whip more readily if a pinch of salt is added. The eggs should be as cold as possible.

Cream that is too thin to whip may be made to do so by the addition of an unbeaten white of egg.

When dipping articles in egg and cracker, dilute the egg with a tablespoon of water. Only the white may be used, if desired, but never only the yolk, as it is the albumen which is needed to form a coat which the grease cannot penetrate.

Almost any dish is made more inviting by a little garnishing. Parsley, watercress, slices of lemon, beet, onion, hard-boiled egg or maraschino cherry, small triangles of toast, potato balls, mashed potatoes pressed through a pastry tube—all these are useful and within reach of almost every cook. Paper doilies, paper cups, and paper frills for chops may also be used to good advantage: these may be bought at any stationer's.

Graceful as a willow wand,
But more divinely proportioned.

—*Romance of Youth.*

Jack Sprat could eat no fat,
His wife could eat no lean;
And so betwixt them both,
They licked the platter clean.

—*Mother Goose.*

DIET FOR WEIGHT CONTROL

FROM the nature of their diet, it is easy to believe that Jack Sprat of the nursery rhyme was under weight, and that Mrs. Sprat was the exact opposite. While it is undoubtedly true that some persons are naturally inclined to thinness, and others to fatness, it is also equally true that undue excess in either direction can largely be controlled by proper diet.

Causes of Overweight.—Simply stated, excess weight results from an overconsumption of the fuel and energy foods; that is, starches, sugars, and fats. If too much of these foods is consumed, the excess is stored up by nature in the body as adipose tissue or fat. Nature's wise purpose is to be able, in emergency, to draw upon the stored supply, when the tissues are wasted by disease or fever. But an excess of such storage results not only in an awkward burden of avoirdupois, and unpleasing physical proportions, but causes overtaxation of the heart, and becomes dangerous to health.

Curing One's Self.—The cause being understood, the method of cure is evident. The first necessity is to face the fact. Be weighed. Consult the table of normal weights, page 441, then use every ounce of will-power possessed to overcome the unpleasant condition. Unless the overweight is due to some disturbance of the secretions of the body, about which a physician should be consulted, unflagging perseverance in cutting down the diet, and in taking exercise will result in reducing the pull on the scales.

Foods to Avoid.—Of course the foods to shun are the starch, sugar, and fat foods.

A LIST OF FOODS TO AVOID

Appetizers—catsups, pickles, olives, horseradish, etc.

Rich foods made with fat or oil bases—cream soups and sauces, oil salad dressings.

Carbonaceous meats—pork and pork products; sausage, scrapple, etc. Such vegetables and cereals as potatoes, hominy, rice, cornmeal mush, oatmeal, parsnips, beets, turnips, and other starchy foods.

Sweets—candies, cakes, puddings, pastry.

Beverages—tea and coffee may be used, but with a minimum of sugar and cream, far better without either. Avoid cocoa and *unskimmed* milk.

WHAT TO EAT

For breakfasts:

Fruits—oranges, grapefruit, peaches, pears, apples, grapes, cherries, etc.
Berries—fresh strawberries, blackberries, huckleberries or blueberries, etc.
Bread or cereal—one piece toast, bran, or graham bread; or, 1 cup (scant) puffed whole cereal, with skimmed milk.
Beverages—tea or coffee without cream and sugar.

For dinners:

Clear soups or broths.
Lean meat, chicken, or white fleshed fish.
Green and succulent vegetables—spinach, cabbage, cauliflower, tomatoes, string beans, cress, celery, etc., without butter or cream dressing.
Salads with a *very* little French dressing.
Fruit desserts; as, prunes, pineapple.
Beverages—lemonade with *little* sugar, or tea or coffee.

For luncheons or suppers:

Thin soup; as, tomato, consommé.
One glass skimmed milk or buttermilk, or poached egg, or spinach with egg, or fish.
Bread or cereal as for breakfast.
Fruit or plain salad.

Select only one or two items of food for each meal; a greater variety is conducive to weight.

In following a reducing dietary, it would be well to serve a sugarless, creamless, cup of hot tea or coffee mid-meals, but *no food should be eaten between meals.* It is generally thought wise to cut down the quantity of water, but it should be remembered that in cases of gout and rheumatism, an increased amount of liquid is necessary. In all cases gradual reduction of weight is much better

than rapid decrease. Loose skin over reduced muscles makes an aged appearance, and sudden loss of weight may injure the health. Elderly people should not follow a rigid system of reduction.

If a glass or two of water is taken before eating, it may help with a rigid régime, by giving a sense of fullness at the beginning of a meal. The extent of diet restrictions depends upon the amount of excess weight. Having decided how much the daily allowance should be cut down, do not carry out the plan spasmodically, but day-in and day-out keep within the limitation; and the reward will surely come.

It is well to remember that over-eating is more dangerous than under-eating; and that after all, the question of reduction is chiefly a question of the intelligent control of the appetite.

By consulting chapter on Balanced Rations, page 417, many hints may be gleaned as to selections for menus, always allowing less food than for the average person.

A bottle of citrate of magnesia taken once a week is usually beneficial as a body regulator, the consequent depletion of the blood vessels of the intestines causing them to give up considerable water, thus lessening weight.

Exercise.—Since overweight is caused by storage of energy food, it follows that an expenditure of energy will draw upon such storage, and reduce weight. Before any system of strenuous exercise is undertaken, a thorough examination should be given by a physician as to heart action, blood pressure, and general physical fitness. Exercises are of very little help unless kept up *regularly.* One rule must be observed: *stop when tired.* Almost any good book on physical training will give excellent exercises for weight-control.

Remember that walking in the open air is always a splendid exercise, using up food fuel rapidly. No so-called "reducing" medicines should be taken without the advice of a physician, for probably *all such medicines are dangerous.*

HOW TO ADD WEIGHT

Foods to Avoid.—It is very much easier to add than to reduce weight, for all the "indulgences" of diet are the things needed. Usually the person of underweight is overfond of salads and other foods which give bulk. It would be well to read a list of what the obese should avoid, in order to know what the too thin should eat; but *if sweets and desserts are taken at the beginning of a meal, or between meals, the desire for substantial food is lost.*

What to Eat.—The fattening foods or carbohydrates—starches, sugars and fats—are what the too thin person should choose in diet; and not many succulent green vegetables, or salads, unless they are served with mayonnaise dressing made of oil, or of rich cream. Potatoes or any other starchy vegetable with cream sauce; or rice, hominy, corn and similar cereal foods should be selected.

For *desserts*—puddings and cakes with cream, ice-cream, and whipped cream; sweet chocolate.

For *beverages*—little tea or coffee. *Drink and eat whole milk*, swallowing it slowly. This food is excellent between meals. Cocoa and chocolate.

If digestion is weak, do not use many different kinds of food at one meal. Use no pickles; few acids.

By turning to the tables of food values on page 425, calculation may be made as to dietary, always allowing more fuel food than for the average person.

List of Fattening Foods

Cream soups.
Cream dressings.
Milk dishes.
Oil dressings.
Potatoes, sweet and white, turnips, carrots, etc.
Macaroni, spaghetti, etc.
Rice, tapioca, and arrow-root puddings.
Cakes of all kinds.
Sweet chocolate, candies.
Cocoa, chocolate, whipped cream, ice-cream, cereals with cream.

Eat also eggs, fish, meat, beans, peas, lentils, fruits and berries

Consult the following weight tables. Be weighed; and train your taste to like what your body needs. To do this, take at first only a little of the kind of food you do not care for. Rest, and *then* exercise. Take plenty of sleep—ten hours each night if possible, and angles will become curves; the lean and hungry look will disappear; and, incidentally, life will seem brighter. Then, too, in case of illness nature will have a store of energy fuel to draw upon.

Rest.—Thin people are usually of restless, nervous temperament, "always on the move," expending muscular energy every waking minute; bolting a meal, and flying away to another occupation. The old Roman custom of resting and relaxing, but not napping,

after eating had a very commendable reason. So, too, had their custom of massaging with oil. The thin person will find such massage very beneficial, for the body is able to absorb such food.

Codliver oil, taken either in capsules, or by the spoonful followed with orange juice, is a flesh-builder as well as a health giver. This oil is very easily digested.

Rest is necessary for increasing weight; but so also is exercise, for the thin person needs plenty of oxygen to aid in the digestion and assimilation of food, and in throwing off poisonous waste matters.

The following tables afford a standard of weight for comparison. In comparing your own weight with the table, your type of build should be taken into account, as well as height and age. A person of naturally slender type might be below the standard, or one of stocky, thick-set type might be above the standard, and yet both be normally healthy. If, however, the excess in either direction is over ten per cent, corrective measures should be taken.

In ascertaining height, measure in shoes; stand erect, and press measuring rod down on scalp. Weigh yourself in indoor clothing and shoes. Subtract one inch for height if sensible heels are worn; if heels are "high," subtract two inches. Your standard of weight is found where your height and age columns meet.

WEIGHT TABLE FOR WOMEN OF DIFFERENT HEIGHTS AND AGES *

Height.	Age, Years.									
	19	20	21–22	23–24	25–29	30–34	35–39	40–44	45–49	50–54
4 ft. 10 in.	98	102	106	110	113	116	119	123	126	129
4 ft. 11 in.	103	107	109	112	115	118	121	125	128	131
5 ft.	109	112	113	115	117	120	123	127	130	133
5 ft. 1 in.	113	115	116	118	119	122	125	129	132	135
5 ft. 2 in.	116	118	119	120	121	124	127	132	135	138
5 ft. 3 in.	120	121	122	123	124	127	130	135	138	141
5 ft. 4 in.	123	124	125	126	128	131	134	138	141	144
5 ft. 5 in.	126	127	128	129	131	134	138	142	145	148
5 ft. 6 in.	129	130	131	133	135	138	142	146	149	152
5 ft. 7 in.	131	133	135	137	139	142	146	150	153	156
5 ft. 8 in.	135	137	139	141	143	146	150	154	157	161
5 ft. 9 in.	138	140	142	145	147	150	154	158	161	165
5 ft. 10 in.	141	143	145	148	151	154	157	161	164	169
5 ft. 11 in.	145	147	149	151	154	157	160	164	168	173
6 ft.	150	152	154	156	158	161	163	167	171	176

* This table was prepared by Thomas D. Wood, M.D., Professor of Physical Education, Columbia University, and is used by the United States Bureau of Education and the Child Health Organization of America.

WEIGHT TABLE FOR MEN OF DIFFERENT HEIGHTS AND AGES *

Height.	Age, Years.										
	19	20	21–22	23–24	25–29	30–34	35–39	40–44	45–49	50–54	55–59
5 ft.	107	110	114	118	122	126	128	131	133	134	135
5 ft. 1 in.	112	115	118	121	124	128	130	133	135	136	137
5 ft. 2 in.	117	120	122	124	126	130	132	135	137	138	139
5 ft. 3 in.	121	124	126	128	129	133	135	138	140	141	142
5 ft. 4 in.	124	127	129	131	133	136	138	141	143	144	145
5 ft. 5 in.	128	130	132	134	137	140	142	145	147	148	149
5 ft. 6 in.	132	133	136	138	141	144	146	149	151	152	153
5 ft. 7 in.	136	137	140	142	145	148	150	153	155	156	158
5 ft. 8 in.	140	141	143	146	149	152	155	158	160	161	163
5 ft. 9 in.	144	145	147	150	153	156	160	163	165	166	168
5 ft. 10 in.	148	149	151	154	157	161	165	168	170	171	173
5 ft. 11 in.	153	154	156	159	162	166	170	174	176	177	178
6 ft.	158	160	162	165	167	172	176	180	182	183	184
6 ft. 1 in.	163	165	167	170	173	178	182	186	188	190	191
6 ft. 2 in.	168	170	173	176	179	184	189	193	195	197	198
6 ft. 3 in.	173	175	178	181	184	190	195	200	202	204	205
6 ft. 4 in.	178	180	183	186	189	196	201	206	209	211	212
6 ft. 5 in.	183	185	188	191	194	201	207	212	215	217	219

* This table was prepared by Thomas D. Wood, M.D., Professor of Physical Education, Columbia University, and is used by the United States Bureau of Education and the Child Health Organization of America.

SCHOOL LUNCHES

The child is building the temple of the soul, planned by the divine Architect—but ofttimes ruined by man's bad workmanship.

—Child Life.

Upon the health and strength of our children the glory and greatness of our nation depend.

Every child has a right to be as healthy as present knowledge can make him. Proper feeding is one of the chief factors in health.

—Health Education.

SCHOOL LUNCHES

THE witty French cook who said, "Tell me what you eat, and I will tell you what you are," might even more certainly have stated, "Tell me what you give your children to eat, and I will tell you what they will grow to be," for the kind of food the child eats largely determines whether he will be a strong, healthy adult, or a weakling. More important, then, than the wise selection of foods for grown people is the proper feeding of the growing bodies of children—especially of little children.

A few general rules should be borne in mind:

1. Meals should be given at regular times.

2. No "nibbling" between meals. If a child is really hungry, a slice of bread and butter will satisfy the craving for food. Never give candy at such times. It will not only spoil the normal appetite, but will encourage a bad habit. Oftentimes a glass of water, and not food, is what the little one really craves.

3. Teach the child to drink plenty of water between meals—several glasses a day.

4. Happiness while eating is essential to good digestion.

5. Do not force a child to eat. If after a day or two the appetite does not return, consult a physician.

6. Teach a child to wash face and hands before eating. Explain that dirt is dangerous. Explain that flies are dangerous.

Teach a child to demand fresh air and sunshine, for they are the great cleansers of nature.

7. Children may generally be taught to like all kinds of foods that are good for them. By giving a *little* of a new food at first, taste can be cultivated.

Staple Food Requirements

1. *Milk* is the best and most important food for growing children. No other food can take its place. Children over five years of age should have at least three cups a day, more if possible.

Warm milk is more easily digested than cold milk. If children rebel against drinking plain milk, it may be given in the form of cocoa, milk soups, custards, etc. If it is impossible to get fresh milk, use dried milk. If neither fresh nor dried milk is procurable, use evaporated milk. If skimmed milk is given, the child should eat plenty of vegetables and cream or butter. *Tea and coffee should not be given to growing children at all.*

Bread and milk form a perfect food, containing all food elements in the right proportion to sustain child life. The milk furnishes protein for muscles and other tissues; fats and sugar for body fuel; minerals for bones and other tissues; vitamins, essential to growth and health. The bread furnishes some of each of these, but is valuable because it provides starch fuel food, and gives bulk.

2. *Bread, cereals and other grain products* should furnish about one-third the food required by a child.

3. *Vegetables are essential to the growing child* not only for their food value, but because they contain vitamins (see page 420). The water in which vegetables and rice have been boiled should be used for making soups, sauces, and gravies. Where for any reason there is a scarcity of milk and eggs, the diet should include as much milk as possible, with pea or bean soups, spinach and other green vegetables, oatmeal, and dried fruits. Vegetables and fruits are excellent sources of iron and other elements necessary for growth. If combined with milk, they will supply food value fully equal to that of meat.

4. *Eggs, meat, etc.* Aside from milk, eggs are the best source of protein for children. Where plenty of milk and an egg a day are included in the diet, a child needs very little meat. Allow not more than 2 ounces of meat a day for a child from 7–10 years; 3 ounces daily from 10–14 years. Broth from stews may be given on vegetables and bread.

5. *Fruits.*—There should be some fruit in the diet every day. Where fresh fruit is not possible, use dried fruit. Bananas should not be eaten raw by very young children. Bananas are not ripe until the skins have brown spots. They should be cooked if given before they reach this stage.

6. *Sweets.*—There is danger of children getting too much sugar and spoiling the appetite. They should not have more than the following allowance, aside from that contained in foods:

5 to 7 years	1 tablespoon daily
7 to 12 years	2 tablespoons daily

It is better to give sugar in cocoa and desserts than as candy. Molasses has a high food value. Dates are a good substitute for candy.

7. *Fats* are essential for growing children. Cream and butter, the fats of milk, are the most important kinds; therefore, children should have unskimmed milk. For the delicate child, cod-liver oil is an excellent fat, containing large quantities of vitamins, see page 420. Cod-liver oil may be procured in gelatine capsules, but if orange juice is given after, the child seldom objects to the oil. Other oils, such as olive, corn, and peanut, are good foods, too, in small quantities. (See Salads, page 167.) Young children should not have cooked fats *except bacon fat*, which is easily digested. All fried foods should be avoided.

Children need at least three meals a day. The heavy meal should preferably come at mid-day, with a light supper, such as bread and whole milk, baked potatoes, stewed fruit; or cereal and milk, bread and butter, baked bananas; or poached egg on toast, baked potatoes, bread and butter, apple sauce, gingerbread.

Desserts.—Cooked desserts are not essential with plenty of bread and butter and vegetables and fruit. When given, they should be plain and simple; as cereal puddings with fruit, such as rice, oatmeal, or bread pudding.

Home Lunches.—If dinner is at the end of the day, let the luncheon be as light as the supper would be if the main meal were at mid-day. See end of this chapter for suggestions.

Basket Lunches.—School authorities are recognizing the importance of a warm mid-day meal for children, and many schools provide school lunches. If a child must carry a whole luncheon, it should be nutritious as well as appetizing. If possible let it include a bottle of milk. If it is practical for the child to use a thermos bottle, the milk may, of course, be warm; or hot cocoa, or soup may be provided by this means. The following suggestions should prove helpful:

Nourishing Sandwiches	Appetizing Fillings
Whole wheat bread	Peanut butter
Raisin bread	Chopped celery with mayonnaise
Toast	Lettuce and tomato with dressing
Nut bread	Jelly, or chopped raisins
Oatmeal muffins	Chopped dates
Rolls	Chopped olives and peppers, mayonnaise dressing

See chapter on Sandwiches, page 287, for further suggestions. Desserts of custard, baked apple, sweet chocolate, maple sugar, sponge cake, fruit cookies, or gingerbread make a pleasant variety.

It is essential for the children *to have plenty of time in which to eat* their mid-day meal. The child who bolts a meal and rushes back to school cannot either work or digest properly. It would be better to carry a lunch than to go home for a warm meal, if the journey means hurried eating.

Summary.—In the diet of the child the following is suggestive:

What Foods to Avoid	What Foods Mean Good Health
Coffee	Milk
Tea	Vegetables
Sodas	Thick soups
Much candy	Cereals
Doughnuts	Fruits
Much meat	Honey and molasses
Rich cakes	Rice puddings
Highly seasoned dishes	Custards
Pies	Ice cream

The School Lunch Room

The school lunch room, which may be conducted by the Parent-Teacher Association or the Home and School Club, makes it possible for children to buy nourishing warm food for a few cents. This is a very pleasant arrangement for all children, but its chief value is in promoting the health of those who are under-nourished at home. The time will come, no doubt, when the authorities of every school will provide meals for all children who are under-weight, or who otherwise show malnutrition.

Most housekeepers have collections of recipes of all kinds, but probably few have attempted to compile lists of dishes suitable for school lunches. A few suggestions may be welcome. By all means children should be instructed in the lunch room as to food values, and should not be allowed to select sweets or ice-cream in the place of substantial dishes.

School Lunch Room Bills of Fare

1. Vegetable or milk soup; crackers; rolls; fruit; plain cake; cocoa.

2. Meat and vegetable stew; bread and butter; sweet chocolate.

3. Tomato soup; tapioca custard; lettuce sandwiches; fruit; cookies.

4. Macaroni with cheese and tomato sauce; fruit; chopped date sandwiches.

Milk and cocoa should always be provided.

A few meat substitutes and "meat extenders."—Scrambled eggs with minced ham or bacon; meat stew with vegetables; shepherds's pie (meat pie with mashed potato cover); creamed frizzled beef on toast; fish cakes; salmon loaf; macaroni or spaghetti with tomato sauce; creamed potatoes au gratin.

A List of Soups	Desserts
Vegetable Soup	Rice Pudding
Cream of Pea Soup	Boiled Custard
Cream of Tomato Soup	Tapioca and Fruit Pudding
Dried Lima Bean Soup	Bread Pudding
Split Pea Soup	Apple Betty with Cream
Potato Soup	Junket
Corn Chowder	Fruit, raw or cooked
Fish Chowder	Gingerbread or plain cake

Cocoa for School Lunch Room,

Measure one pound of cocoa. Add as many cups of sugar as there are of cocoa. Add three cups of water. Cook until thick and glossy. Pour into jelly glasses or glass jars. Cover and set away. When cocoa is wanted for lunch use, prepare according to the following recipe:

1 cup milk for each child
1½ tablespoons of the cocoa mixture

Heat the milk scalding hot in a double boiler. Add the cocoa mixture. Beat well and serve. More sugar may be used in the mixture if it is found that the children desire it sweeter.

Note.—The tables of height and weight for girls and boys, pages 450, 451, afford a standard for comparison only. In comparing a child's height and weight with the table, the type of build should be taken into account. A child of slender type might be under weight, and one of thick-set, stocky type might be over weight, and yet both be normally healthy. A slight variation is no cause for alarm, but if the difference amounts to ten per cent, however, corrective measures should be taken.

RIGHT HEIGHT AND WEIGHT FOR GIRLS

Height, Inches.	Age, Years.													
	5	6	7	8	9	10	11	12	13	14	15	16	17	18
39	34	35	36	..	..	..	..	..	..	..	..	..	..	..
40	36	37	38	..	..	..	..	..	..	..	..	..	..	..
41	38	39	40	..	..	..	..	..	..	..	..	..	..	..
42	40	41	42	43	..	..	..	..	..	..	..	..	..	..
43	42	42	43	44	..	..	..	..	..	..	..	..	..	..
44	44	45	45	46	..	..	..	..	..	..	..	..	..	..
45	46	47	47	48	49	..	..	..	..	..	..	..	..	..
46	48	48	49	50	51	..	..	..	..	..	..	..	..	..
47	..	49	50	51	52	53	..	..	..	..	..	..	..	..
48	..	51	52	53	54	55	56	..	..	..	..	..	..	..
49	..	53	54	55	56	57	58	..	..	..	..	..	..	..
50	..	..	56	57	58	59	60	61	..	..	..	..	..	..
51	..	..	59	60	61	62	63	64	..	..	..	..	..	..
52	..	..	62	63	64	65	66	67	..	..	..	..	..	..
53	..	..	..	66	67	68	68	69	70	..	..	..	..	..
54	..	..	..	68	69	70	71	72	73	..	..	..	..	..
55	..	..	..	..	72	73	74	75	76	77	..	..	..	..
56	..	..	..	..	76	77	78	79	80	81	..	..	..	..
57	..	..	..	..	..	81	82	83	84	85	86	..	..	..
58	..	..	..	..	..	85	86	87	88	89	90	91	..	..
59	..	..	..	..	..	89	90	91	93	94	95	96	98	..
60	..	..	..	..	..	..	94	95	97	99	100	102	104	106
61	..	..	..	..	..	..	99	101	102	104	106	108	109	111
62	..	..	..	..	..	..	104	106	107	109	111	113	114	115
63	..	..	..	..	..	..	109	111	112	113	115	117	118	119
64	..	..	..	..	..	..	..	115	117	118	119	120	121	122
65	..	..	..	..	..	..	..	117	119	120	122	123	124	125
66	..	..	..	..	..	..	..	119	121	122	124	126	127	128
67	..	..	..	..	..	..	..	..	124	126	127	128	129	130
68	..	..	..	..	..	..	..	..	126	128	130	132	133	134
69	..	..	..	..	..	..	..	..	129	131	133	135	136	137
70	..	..	..	..	..	..	..	..	..	134	136	138	139	140
71	..	..	..	..	..	..	..	..	..	138	140	142	143	144
72	..	..	..	..	..	..	..	..	..	..	145	147	148	149

ABOUT WHAT A GIRL SHOULD GAIN EACH MONTH

Age	Ounces
5 to 8	6
8 to 11	8
11 to 14	12
14 to 16	8
16 to 18	4

Height and weight to be taken in house clothes, without shoes. Weigh on the same day each month, about the same hour of the day. Age, the nearest birthday.

RIGHT HEIGHT AND WEIGHT FOR BOYS

Height, Inches.	Age, Years.													
	5	6	7	8	9	10	11	12	13	14	15	16	17	18
39	35	36	37	..	..	..	..	..	..	..	..	..	..	..
40	37	38	39	..	..	..	..	..	..	..	..	..	..	..
41	39	40	41	..	..	..	..	..	..	..	..	..	..	..
42	41	42	43	44	..	..	..	..	..	..	..	..	..	..
43	43	44	45	46	..	..	..	..	..	..	..	..	..	..
44	45	46	46	47	..	..	..	..	..	..	..	..	..	..
45	47	47	48	48	49	..	..	..	..	..	..	..	..	..
46	48	49	50	50	51	..	..	..	..	..	..	..	..	..
47	..	51	52	52	53	54	..	..	..	..	..	..	..	..
48	..	53	54	55	55	56	57	..	..	..	..	..	..	..
49	..	55	56	57	58	58	59	..	..	..	..	..	..	..
50	..	..	58	59	60	60	61	62	..	..	..	..	..	..
51	..	..	60	61	62	63	64	65	..	..	..	..	..	..
52	..	..	62	63	64	65	67	68	..	..	..	..	..	..
53	..	..	..	66	67	68	69	70	71	..	..	..	..	..
54	..	..	..	69	70	71	72	73	74	..	..	..	..	..
55	..	..	..	..	73	74	75	76	77	78	..	..	..	..
56	..	..	..	..	77	78	79	80	81	82	..	..	..	..
57	..	..	..	..	..	81	82	83	84	85	86	..	..	..
58	..	..	..	..	..	84	85	86	87	88	90	91	..	..
59	..	..	..	..	..	87	88	89	90	92	94	96	97	..
60	..	..	..	..	..	91	92	93	94	97	99	101	102	..
61	..	..	..	..	..	..	95	97	99	102	104	106	108	110
62	..	..	..	..	..	..	100	102	104	106	109	111	113	116
63	..	..	..	..	..	..	105	107	109	111	114	115	117	119
64	..	..	..	..	..	..	..	113	115	117	118	119	120	122
65	..	..	..	..	..	..	..	..	120	122	123	124	125	126
66	..	..	..	..	..	..	..	..	125	126	127	128	129	130
67	..	..	..	..	..	..	..	..	130	131	132	133	134	135
68	..	..	..	..	..	..	..	..	134	135	136	137	138	139
69	..	..	..	..	..	..	..	..	138	139	140	141	142	143
70	..	..	..	..	..	..	..	..	..	142	144	145	146	147
71	..	..	..	..	..	..	..	..	..	147	149	150	151	152
72	..	..	..	..	..	..	..	..	..	152	154	155	156	157

ABOUT WHAT A BOY SHOULD GAIN EACH MONTH

Age	Ounces
5 to 8	6
8 to 12	8
12 to 14	12
14 to 16	16
16 to 18	8

Height and weight to be taken in house clothes, without shoes. Weigh on the same date each month, about the same hour of the day. Age, the nearest birthday.

Note.—The above tables were prepared by Thomas D. Wood, M.D., Professor of Physical Education, Columbia University, and are used by the United States Bureau of Education and the Child Health Organization of America.

SAMPLE WINTER DIET FOR A WEEK FOR CHILDREN 7 TO 12 YEARS

Breakfast.	Dinner.	Supper.
Oatmeal, ⅔ cup, with milk. Bread and butter, 2 to 3 slices. Baked apple, 1. Milk to drink, 1 glass.	Roast lamb, small slice; baked potatoes. Beets, onions, or oyster plant, 2 to 3 tablespoonfuls. Bread and butter, 2 to 3 slices. Rice pudding, 2 to 3 tablespoonfuls.	Scrambled egg, 1. Bread and butter, 2 to 3 slices. Oatmeal cookies, 1 or 2. Milk to drink, 1 glass.
Hominy, ⅔ cup, with milk. Bread and butter, 2 to 3 slices. Bacon, 1 slice. Cocoa with milk, 1 cup.	Vegetable soup, with carrots, beans, onions, 1 cup. Spinach with poached egg, 2 to 3 tablespoonfuls. Corn bread and butter, 2 to 3 slices. Dates, 4 to 5.	Baked potato, 1. Bread and butter, 2 to 3 slices. Cottage cheese, 1 tablespoonful. Stewed apricots, 2 to 3 tablespoonfuls.
Corn meal, ½ to ⅔ cup, with milk. Toast and butter, 2 to 3 slices. Apple sauce, 2 to 4 tablespoonfuls. Milk to drink, 1 glass.	Rice and meat loaf, small portion. Stewed celery or cauliflower, 2 to 3 tablespoonfuls. Bread and butter, 2 to 3 slices. Baked Indian pudding, 2 tablespoonfuls.	Rice and milk, ½ cup. Creamed carrots or celery. Bread and butter, 3 to 4 slices. Fruit cookies, 1 or 2.
Oatmeal, ⅔ cup, with milk. Bread and butter, 2 to 3 slices. Stewed prunes or figs, 3 to 4. Cocoa with milk, 1 cup.	Beef stew with vegetables, small portion. Bread and butter, 3 to 4 slices. Rice pudding or custard, 2 to 3 tablespoonfuls.	Corn bread and sirup, 2 to 3 pieces. Macaroni, with tomatoes, 2 to 3 tablespoonfuls. Bread, 2 to 3 slices, and peanut butter, ½ tablespoonful. Cocoa with milk, 1 cup.
Corn flakes, 1 to 2 cups, and milk. Bread and butter, 2 to 3 slices. Soft egg and bacon, 1. Milk to drink, 1 glass.	Chicken, small slice; mashed potato, 2 to 3 tablespoonfuls. Creamed carrots or onions, 2 to 3 tablespoonfuls. Bread and butter, 2 to 3 slices. Gingerbread and thin cream, 1 small piece. Milk, 1 glass.	Milk toast, 2 to 3 slices. Cottage cheese, 1 tablespoonful. Stewed prunes, 4 to 5. Cookies.
Wheat or malt breakfast food, ⅔ cup, with milk. Bread and butter, 2 to 3 slices. Soft egg; milk to drink, 1 glass.	Creamed, or fresh broiled fish, small portion. Baked potato, 1. Bread and butter, 2 to 3 slices. Baked apple, 1.	Spinach or bean soup, 1 cup. Baked potato, 1. Corn bread and butter, 2 pieces. Milk to drink, 1 glass.
Corn meal, ⅔ cup, and milk. Toast and butter, 2 to 3 slices. Orange. Cocoa with milk, 1 cup.	Lamb stew with vegetables, small portion. Baked sweet potato, 1. Bread and butter, 2 to 3 slices. Bread or rice pudding, 2 to 3 tablespoonfuls.	Celery soup with milk, 1 cup. Bread and butter, 2 to 3 slices. Custard or junket, ½ cup. Ginger cookies, 1 to 2.

Toward spring, when eggs are abundant, they may be given more frequently, replacing some meat and milk.

Note.—These lists for diet of children were prepared for the United States Bureau of Education by the Child Health Organization of America.

INDEX

A

Afternoon tea, 19
Albumenized water, 356
Almond cream, 185
  rock cakes, 267
Almonds, salted, 292, 406
  with eggs, 128
Ambrosia, 25
Anchovy canapés, 25
  sandwiches, 288
Angel cake, 255, 388
Appetizers, 23
  ambrosia, 25
  anchovy canapés, 25
  angels on horseback, 26
  cavair canapés, 25
  cheese canapés, 25
  clam cocktail, 24
  grape-fruit cocktail, 24
  ham canapés, 25
  lobster cocktail, 23
  mixed-fruit cocktail, 24
  oyster cocktail I, 23
  oyster cocktail II, 23
  pineapple and banana cocktail, 24
  peach cocktail, 25
  raspberry cocktail, 24
  strawberry cocktail, 24
Apple butter, 334
  cake, 233
  dainty, 406
  dumplings, baked, 280
  fritters, 159
  jelly, 335
  meringue, 191
  pie, 282, 393
  pudding, 196
  sauce, 105
  snow, 186
  tapioca, 190
  tart, 282
Apples, baked, 311
  baked, with oatmeal, 296
  canned, 325
  dried, 390
  fried, 312
Apricots, dried, 390
A-P's, 269
Arrowroot, 355
  gruel, 364
  water, 355
Artichoke, Jerusalem, 141
  Globe, 141
Asparagus, 146, 379
  cream of, 33

B

Bacon and eggs, 78
Baked beans, 123, 380, 411
  crackers, 125
  flour pudding, 193
  hash, 131, 376
Baking bread, 222
  cake, 254
  powder bread, 225
Baking powder, 222, 255
Balanced rations, 417
Banana dainty, 177
  fritters, 160
  salad, 176
Barley mush, 365
  soup, 38
Bavarian cream, 188
Bean soup, 368
Beans, baked, 123, 380, 411
  Boston roast, 124
  Lima, 142, 382
  Mexican, 124
  purée, 123, 382
  sauté, 123
  string, 142
Béchamel sauce, 104
Beef à la mode, 62
  au gratin, 373
  birds, 68
  boiled dinner, 374
  boiling, 60, 372
  bouillon, 30
  brasing, 61
  broiling, 59
  chauffé, 405
  chop suey, 66

Beef, corned, 64, 372
creamed, 68
cuts of, 58
Filipino, 67
forcemeat, 94
fricasseeing, 61
frizzled, 69
frying, 60
guiso, 66
Hungarian goulash, 67
kromeskies, 160
loaf, 68
Mexican, 66
minced, 69
mock duck, 65
mock rabbit, 65
pats, 360
pickle for corning, 64
pot-pie, 78
pot roast, 62
purchasing, 57, 62
roast, 59, 373
roast with Yorkshire pudding, 62
roasting, 59
sautéing, 61
scalloped, 132
soup, 35
sour, 68
stew, 373, 374
stewing, 61
tea, 353
terrapin, 63
tongue, 69, 70
Beefsteak (broiling), 59
and onions, 374
en casserole, 410
Hamburg, 68
planked, 63
planked, with oysters, 64
planked, Salisbury, 64
rolled, 65
round, 373
Spanish, 66
Beet greens, 140, 380
salads, 173
Beets, 144, 379
pickled, 144, 380
Belgrader bread, 267
Berry charlotte, 191
pudding, 197
Bethlehem apple tart, 282
Beverages, 345
chocolate nectar, 347
Beverages, chocolate syrup, 347
cocoa, 347
coffee, 345
coffee in bulk, 346
egg lemonade, 348
five o'clock punch, 350
fruit drinks, 348
fruit punch, 349
fruit syrup, 349
grape juice, 348
hot chocolate, 347
iced tea, 347
instantaneous coffee, 345
other fruit juices, 349
punch accompaniments, 349
quick lemonade, 348
raspberry vinegar, 349
Russian tea, 346
serving coffee, 346
tea, 346
tea punch, 346
Biscuits,
drop, 243
sour cream, 243
sour milk, 244
tea, 238
Birds' nests, 115
Bisque ice cream, 206
Black-bean soup, 39
Blackberries, stewed, 313
canned, 326
Blackberry jelly, 336
Blanc mange, 184
Blanquette of chicken, 134
Blueberry cake, 258
Bohemian houska, 232
Boiled custard, 181
dinner, 374
frosting, 272
Boiling meat, 60
Bombe glacé, 204
Boston brown bread, 230, 387
roast, 124
Bouillon, 30, 31, 370 397
Braising meat, 61
Bread, in fireless, 386
Bread, hot cakes, 221–250
baking, 222
baking powder, 222
Boston brown, 230, 387
Canada egg, 229
coarse loaf, 230
cocoa, 229

Bread, corn, 228
crumbs, 96
gluten, 227
Graham, 225, 387
in bread mixer, 221
kneading, 221
making, 221
milk, 224
nut, 228
oatmeal, 226
pudding, 192, 391
pulled, 42
raisin, 229
rice, 225
rusk, 235
rye, 227
salt raising, 225
sauce, 100
Scotch short, 230
sticks, 246
white, 223, 224
whole wheat, 226
yeast, 222
Breakfasts, 414
Bridge-whist pudding, 188
Brioche, 234
Broiling, 59
Broth, lamb, 353
Brown Betty, 193
bread, 230, 387
bread pudding, 195
sauce, 99
sugar sauce, 216
Browned soup stock, 367
Browning for sauces, 106
Brussels sprouts, 139
Buckwheat cakes, 247, 248
Buns, 236, 237
cinnamon, 231
English Bath, 236
hot cross, 237
sweet French, 236
Butter, apple, 334
lemon, 314
peach, 334
Butter cake, 257
Butter scotch, 303

C

Cabbage, 138, 380
creamed, 139
farmer's, 133
Cabbage, lady, 138
with pork, 138
Café frappé, 210
parfait, 211
Cake, in fireless, 388
Cakes, 253–274
almond rock cakes, 267
angel cake, 255, 388
apple cake, 233
A-P's, 269
Belgrader bread, 267
berry cake, 258
butter cake, 257
chocolate cakes, 268
chocolate drop cakes, 266
Christmas cake, 389
chocolate wafers, 269
cinnamon, 231
cinnamon sweet cake, 261
cocoanut cake, 260
cocoanut macaroons, 268
coffee, 234
coffee loaf cake, 262
cookies, 271
cornstarch cake, 259
cream sponge, 256
crisp gingerbread, 270
crullers, 270
cup cakes, 265
currant drop cakes, 266
devils' food, 264
drop cakes, 265
Dutch, 232
economical fruit cake, 260
farmers' fruit cake, 259
fruit jumbles, 271
gingerbread, 263, 389
ginger drop cakes, 266
ginger snaps I, 269
ginger snaps II, 269
gold cake, 257
jelly roll, 256
jumbles, 270
kisses, 272
lady cake, 261
lemon cake, 259
macaroons, 268
marble cake, 262
marshmallow cake, 261
meringues, 271
mocha torte, 264
mock pound cake, 260
molasses cake, 263

Cakes, Moravian, 235
nut cake, 389
nut macaroons, 268
oat cakes, 266
oat cookies, 267
one-egg fruit cake, 260
orange cake, 257
orange gingerbread, 270
patriotic cake, 264
peanut cakes, 271
peggy cake, 257
peppernuts, 267
plain cake, 258
potato-flour cake, 256
pound cake, 257
sand tarts, 271
shellbark cake, 258
short cake, 200, 284
silver cake, 258
simple layer cake, 259
snippy-doodle, 263
sour-milk cake, 389
Spanish bun I, 265
Spanish bun II, 265
sponge cake I, 255, 388
sponge cake II, 255, 388
sponge cake III, 256
sponge ginger cake, 263
surprise cake, 262
white cup cake, 261
Calf's foot jelly, 358
head, baked, 70
liver, braised, 72
liver, broiled, 72
liver, stewed, 73
liver, stuffed, 73
liver with cream sauce, 71
Calories, 418
Canada egg bread, 227
Canapés, 25
anchovy, 25
Caviar, 25
cheese, 25
ham, 25
Candied lemon and orange peel, 306
Candy, 301, 406
butter scotch, 303
candied lemon and orange peel, 306
chocolate caramels, 304
chocolate creams, 302
chocolate cream mints, 302
chocolate fudge, 304
cinnamon candy, 303
Candy, cocoa fudge, 304
cocoanut butter scotch, 304
cocoanut cones, 307
cream peppermints, 305
divinity, 306
fondant, 301
fruits glacé, 305
hoarhound candy, 307
Karo candy, 307
marshmallows, 306
Mexican caramels, 305
molasses candy I, 302
molasses candy II, 303
nougat, 302
nuts glacé, 305
orange paste, 306
peanut brittle, 303
pinoche, 303
pop-corn balls, 305
pralines, 304
quick fondant, 301
walnut kisses, 308
Canned blackberries, 326
blueberries, 326
cherries, 326
crab apples, 328
currants, 326
gooseberries, 327
grapes, 326
mushrooms, 329
peach pudding, 195
peaches, 327
pears, 328
pineapple, 328
plums, 327
quinces, 328
raspberries, 325
raspberries and currants, 326
rhubarb, 327
tomatoes, 329
Canning and preserving, 323
cold-pack method, 318
fruits, 321, 324
open-kettle method, 323
vegetables, 321, 328
Canvas-back ducks, 403
Caper sauce, 103
Caramel, 96
custard, 186
ice cream, 206
sauce, 215
Caramels, chocolate, 304
Mexican, 305

Carrots, 143, 381
and peas, 143, 381
Casserole cookery, 409
baked beans en casserole, 411
beefsteak en casserole, 410
brown fricassee of oysters, 411
casserole hash, 411
casserole roast, 410
chicken en casserole, 409
chicken in ramekins, 412
eggs in ramekins, 412
halibut au gratin, 412
lamb en casserole, 410
macaroni in ramekins, 411
rice in ramekins, 411
salmon au gratin, 412
scalloped oysters in ramekins, 411
shin meat en casserole, 412
Catsups, grape, 341
mushroom, 341
tomato, 340
Cauliflower, 139, 381
au gratin, 139
creamed, 139
polonaise, 139
salad, 174
Caviar canapés, 25
sandwiches, 290
Celery, cream of, 33
creamed, 144, 381
sauce, 104
Cereals, 295, 364
baked apple with oatmeal, 296
barley mush, 365
boiled rice, 297, 366
breakfast foods, 366
cereals in fireless, 364
cooking cereals, 295, 364
corn-meal mush, 296, 365
cracked wheat, 365
cream of wheat, 367
farina, 297
fried mush, 296
graham mush, 365
hominy, 297, 365
left-over cereals, 298
oatmeal porridge, 295, 366
oatmeal with cheese, 296
rice and figs, 366
rice in milk, 297
rolled wheat, 366
wheat cereals, 296
Chafing-dish cookery, 397
Chafing-dish cookery, apple dainty, 406
beef chauffé, 405
bouillon, 397
candy, 406
canvas-back ducks, 403
cheese scramble, 400
chicken hollandaise, 398
clam and egg scramble, 403
clam toast, 403
clams à la crème, 402
crab à la crème, 403
cream of tomato, 398
creamed oysters and celery, 401
creamed sardines, 404
curried eggs, 399
deviled lobster, 402
deviled meat, 405
English monkey, 398
fig dainty, 406
frizzle-dizzle, 404
frog saddles, 404
lobster à la crème, 402
lobster stew, 402
macaroni milanaise, 405
macaroni rarebit, 399
Mexican rarebit, 399
Mt. Clemens rarebit, 399
mushrooms with bacon, 405
oyster pan-roast, 401
panned oysters, 401
pigs in blankets, 401
quail, 404
rinktum ditty, 398
roasted oysters, 401
salted almonds, 406
sardine savory, 403
shrimp à la crème, 403
shrimp wiggle, 397
stirred eggs, 400
stock scramble, 400
terrapin, 400
tomato curry, 405
tomato scramble, 400
veal with asparagus tips, 404
Welsh rarebit, 398
Charlotte russe, 189
Cheese, 119
cake, 282
canapés, 25
cottage, 124
filling for sandwiches, 291
omelet, 113

Cheese, rolls, 126
scramble, 400
soufflé, 126
soup, 36
straws, 292
Cherries, canned, 326
pickled, 333
preserved, 330
stewed, 313
Cherry conserve, 331
mousse, 211
pie, 282, 393
pudding, 392
sauce for ices, 212
tapioca, 191
Chestnuts, 150
boiled, 150
roasted, 150
Chicken à la crane, 162
à la king, 162
and oysters, 87
barbecued, 86
blanquette of, 134
broiled, 85
broth, 30
croquettes, 163
curry, 374
en casserole, 409
forcemeat, 93
fricassee, 86, 374
fried, 86
giblets, 84
gumbo, 37
hollandaise, 398
in ramekins, 412
patties, 162
pie, 86, 375
planked, 85
roast, 84, 375
salad, 169
soup, 368
stew, 85, 375
terrapin, 87
Child, 444
diet for, 442
height, weight, age, 442
Children's rusk, 235
Chile bisque, 32
Chili sauce, 340
Chocolate cakes, 264
caramels, 304
charlotte, 190
cream mints, 302
Chocolate creams, 302
devils' food, 264
drop cakes, 266
éclairs, 199
filling, 273
frappé, 210
frosting, 273
fudge, 304
hot, 347
ice cream, 206
nectar, 347
parfait, 211
pudding, 183
sauce, 217
syrup, 347
wafers, 269
Chop suey, 66
Chowder,
clam, 41
corn, 41
Christmas cake, 389
Cinnamon bun, 231
cake, 231
candy, 303
sweet cake, 261
toast, 291
Citron preserve, 333
Clam and egg scramble, 403
bouillon, 31
chowder, 41
cocktail, 24
fritters, 51
soup, 32
toast, 403
Clams, 50
à la crème, 402
creamed, 51
panned, 53
Club sandwich, 291
Coarse loaf, 230
Cocktails, 23–25
clam, 24
grapefruit, 24
lobster, 23
mixed fruit, 24
oyster, 23
peach, 25
pineapple and banana, 24
raspberry, 24
strawberry, 24
Cocoa, 347
bread, 229
fudge, 304

Cocoa, sauce, 218
for lunch room, 449
Cocoanut butter scotch, 304
cake, 260
cones, 307
cornstarch, 183
custard, 282
filling, 274
junket, 183
macaroons, 268
tapioca, 185
Codfish, 49
balls, 50, 371
kedgaree, 115
Coffee, 345
cake, 234
ice cream, 206
in bulk, 346
instantaneous, 345
jelly, 187
loaf cake, 262
serving, 346
Cold slaw, 173
slaw dressing, 173
Cold pack method, 318
Colored Mayonnaise, 168
Collation, evening, 20
Combination salad, 171
sherbet, 209
sandwich, 291
Combinations for menu-making, 80
Consommé, 30
Cooked dressing, 168
Cookery,
casserole, 409–413
chafing dish, 397–406
fireless, 363–393
invalid, 353–360
principles of, 3–8
Cookies, 271
Cooking, methods of, 6, 59–61
by fireless, 363
purpose of, 5
Cordial, 350
Corn and cheese soufflé, 125
baked, 381
baked with tomatoes, 381
boiled green, 382
bread, 228
bread with yeast, 228
chowder, 41
cream of, 34
griddle cakes, 248
Corn meal mush, 296, 365
muffins, 242
muffins with yeast, 242
off the cob, 148
on the cob, 148
pudding, 149
soup, 368
succotash, 149
Corned beef, 64, 372
beef hash, 132
Cornstarch cake, 259
pudding, 182
Cottage cheese, 124
pudding, 192, 391
Course dinner, 16
Crab à la crème, 403
Crabs, deviled, 54
Cracked wheat, 365
Cracker gruel, 354
Crackers, soaked, 357
baked with cheese, 125
Cranberries, stewed, 313
Cranberry frappé, 210
sauce, 104
tart, 281
Cream, almond, 185
for puffs, 199
of asparagus soup, 33
of celery soup, 33, 369
of corn soup, 34
of lettuce soup, 34
of pea soup, 33, 370
of potato soup, 32
of spinach soup, 34
of tomato soup, 33
of tomato sauce, 102
of wheat, 367
peppermints, 305
puffs, 199
sauce, 100, 215
sponge, 256
stock, 30
toast, 357
Cream dressing, 168
Creamed frizzled beef, 69
hash, 132
Croquettes, chicken, 163
fish, 134
meat, 164
potato, 152
rice, 164
Croutons, 41
Crullers, 270

Crumb griddle cakes, 248
Crust for pies, 277, 278, 279
Cucumber salad, 173
Cucumbers, stuffed, 155
Cup cakes, 265
  custards, 186
Currants, spiced, 332
  Currant drop cakes, 266
  ice, 208
  jelly, 336
  tea-ring, 233
Curry of beef, 131
  of lamb, 132
  of rabbit, 164
  of tomato, 405
  of veal, 70, 377
  sauce, 101
Cusk à la crème, 134
Custard, 181, 358
  boiled, 181
  caramel, 186
  cup, 186
  pie, 281, 393
  sauce, 215
  tapioca, 185
Cutlets, 134
  fish, 134

D

Dandelions, 141
Date and fig sandwiches, 288
  sponge, 198
Delicate pudding, 190
Desserts and puddings, 181–200
  in fireless, 390–393
  frozen, 203–212
  see puddings, 181
Deviled crabs, 54
  eggs, 171
  meat, 405
Devils' food, 264
Diagram of cuts of beef, 58
  of cuts of lamb and mutton, 61
  of cuts of pork, 76
  of cuts of veal, 71
Diet for the school child, 445–448
  for weight control, 437–442
  rules for balancing, 430
Dinner, 11–18
  formal, 13
  informal, 18
  menus, 15, 16
  rolls, 239
Dinner, without meat, 120, 121
Divinity, 306
  frosting, 273
Doughnuts, 231, 270
Drawn butter, 101
Dressing, for roast, 94, 95
  for salad, 167–169
Dried beans and peas, 142
  beans sauté, 123
  fruits, 313, 390
  peas, beans, lentils, 121
Drippings, 95
Drop biscuit, 243
  cakes, 265, 266
  dumplings, 249
Duck, roast, 87
  mock, 65
  salmi, 164
Dumplings, baked apple, 280
  drop, 249
  rolled, 249
Dutch cake, 232

E

Economical fruit cake, 260
  ice cream, 204
  short cake, 284
  soup, 38
Economy, 8
Egg and olive sandwiches, 290
  gruel, 354
  lemonade, 348
  milk-shake, 357
  muffins, 243
  salad, 172
  sandwiches, 289
  sauce, 100, 216
  toast, 291
Eggplant, baked, 147
  broiled, 148
  fried, 147
Eggs, 109–116
  bacon and, 78
  baked à la Martin, 114
  baked omelet, 113
  Beauregard, 115
  birds' nests, 115
  boiled, 109
  cheese omelet, 113
  coddled, 109
  codfish omelet, 113
  corn omelet, 112
  crumb omelet, 112

Eggs, curried, 110, 399
deviled, 171
fried, 109
golden buck, 114
griddled, 110
ham and, 77
ham omelet, 111
in ramekins, 412
Japanese, 115
kedgaree, 115
ox eyes, 114
oyster omelet, 113
plain omelet, 110
poached, 109
rice omelet, 111
savory omelet I, 111
savory omelet II, 111
scambled, 110
shirred, 110
Spanish, 116
stirred, 400
sweet omelet, 112
tomato omelet, 112
Welsh rarebit, 114
with almonds, 128
Energy requirements, 424, 425
English Bath buns, 236
monkey, 398
muffins, 240
plum pudding, 194
scones, 238
Entertaining, 11
Entrées, 159
apple fritters, 159
banana fritters, 160
beef kromeskies, 160
chicken à la crane, 162
chicken à la king, 162
chicken croquettes, 163
chicken patties, 162
curried rabbit, 164
fritter batter, 159
ham patties, 162
meat croquettes, 164
meat patties, 162
oyster fritters, 159
patty shells, 163
rice timbales, 161
rissoles, 160
Roman gnocchi, 160
salmi of game, 164
timbale cases, 161
timbale of macaroni, 161
Entrées, vegetable fritters, 159
vol-au-vent, 163
Evening collation, 20

F

Farina, 297
Farmers' cabbage, 133
fruit cake, 259
Fig dainty, 406
dessert, 191
filling, 274
pudding, 391
sandwiches, 288
Figs, 359, 390
Filipino beef, 67
Filling, cake,
cocoanut, 274
chocolate, 273
fig, 274
fruit, 274
lemon, 274
marshmallow, 274
orange, 274
Fireless cookery, 363–393
bread and biscuits, 386, 387
cereals, 364–367
cakes, 388, 389
desserts, 391–393
fish, 370–372
fruits, 390
meats, 372–378
soups, 367–370
vegetables, 379–385
Fish, 45–54, 370
baked, 51, 371
baked fillets of halibut, 49
baked shad, 48
boiled, 46
boiled salmon, 372
broiled, 47
broiled oysters, 53
clams, 50
clam fritters, 51
cleaning, 46
codfish, 49
codfish balls, 50, 371
creamed clams, 51
creamed oysters, 52
creamed salmon, 50
croquettes, 134
cusk à la crème, 134
cutlets, 134
deviled crabs, 54

Fish, forcemeat for baked, 94
fried, 47
fried oysters, 51
fried scallops, 50
fried smelts, 49
frogs, 54
lake trout, 371
lobster, 53, 402
oyster pie, 51
oyster stew, 52
panned oysters, 53
planked halibut, 48
planked lobster, 54
planked shad, 48
salmon surprise, 50
salt-fish dinner, 49
scalloped oysters, 52
scalloped salmon, 371
shad roe, 48
shirred oysters, 52
stewed terrapin, 53
terrapin, 53
turbot, 372
white fish, 371
Fish, in fireless, 370
Flaxseed tea, 355
Flowering ice cream, 204
Foamy sauce, 217
Fondant, 301
Food groups, 4, 419
Food as fuel, 3
Food values, 3, 417
Foods, served in place of meats, 119
Forcemeats, stuffings, etc., 93
beef forcemeat, 94
bread stuffing, 95
caramel, 96
chicken forcemeat, 93
drippings, 95
ham forcemeat, 93
oyster stuffing, 94
potato stuffing, 95
prepared bread crumbs, 96
quenelles, 93
stuffing for baked fish, 94
suetine, 95
veal forcemeat, 94
Frappé, 210
French dressing, 169
tart, 280
Fricasseeing, 61
Fritter batter, 159
Fritters, apple, 159
Fritters, banana, 160
beef kromeskies, 160
oyster, 159
vegetable, 159
Frizzle-dizzle, 404
Frizzled beef, 69
Frog saddles, 404
Frogs, 54
Frosting, cake, 272, 273
boiled, 272
chocolate, 273
divinity, 273
maple sugar, 273
ornamental, 272
plain, 272
Frozen cherries, 208
cocoanut custard, 205
custard, 205
fruits, 208
peaches, 208
pudding, 205
raspberries, 208
strawberries, 208
Frozen desserts, 203–212
bisque ice cream, 206
bombe glacé, 204
café frappé, 210
café parfait, 211
caramel ice cream, 206
cherry mousse, 211
chocolate frappé, 210
chocolate ice cream, 206
chocolate parfait, 211
coffee ice cream, 206
combination sherbet, 209
cranberry frappé, 210
currant ice, 208
economical ice cream, 204
flowering ice cream, 204
frozen cherries, 208
frozen cocoanut custard, 205
frozen custard, 205
frozen peaches, 208
frozen pudding, 205
frozen raspberries, 208
frozen strawberries, 208
fruit granite, 209
ginger frappé, 210
grape-fruit frappé, 210
grape sherbet, 209
lemon ice, 207
lemon ice cream, 207
lemon sherbet, 209

Frozen desserts, making, 203
maple mousse, 212
meringues glacées, 205
mousse, 211
orange ice, 207
orange pekoe sherbet, 210
orange sherbet, 209
peach ice cream, 207
pineapple ice, 208
pineapple ice cream, 207
pineapple mousse, 212
strawberry ice cream, 207
tutti-frutti ice cream, 206
vanilla ice cream I, 204
vanilla ice cream II, 204
Fruit, 311
and nut salad, 175
cake, 259, 260
cocktail, 24
dried, 313, 390, 391
drinks, 348
filling, 274
granite, 209
juices, 349
jumbles, 271
preserving, 329
prunes, 391
punch, 349
pyramids, 176
salad, 175
sandwiches, 288
sauce, 216
syrup, 349
Fruits glacé, 305
Frying, 60
Fudge, 304

G

Game, 83–90
Giblet sauce, 99
Giblets, 84
Ginger drop cakes, 266
frappé, 210
snaps, 269
sponge, 263
Gingerbread, 263, 389
crisp, 270
orange, 270
Gluten bread, 227
gems, 244
Gold cake, 257
Golden buck, 114
Gooseberries, canned, 327
Graham bread, 225, 387
muffins, 240
mush, 365
puffs, 244
wafers, 243
Grapes, canned, 326
Grape-fruit and pineapple salad, 177
cocktail, 24
frappé, 210
marmalade, 331
salad, 177
Grape jelly, 336
catsup, 341
juice, 348
sherbet, 209
Green-grape jelly, 336
Green peppers, stuffed, 147
tomato sauce, 339
Griddle cakes, 246–248
buckwheat, 247
corn, 248
crumb, 248
oatmeal, 246
rice, 248
wheat, 246
Grouse, roasted, 89
Gruel,
arrowroot, 355
cracker, 354
egg, 354
Indian, 354
oatmeal, 353
sago, 354
Guests, seating the, 14
Guinea fowls, 88
Guiso, 66
Gumbo, 35

H

Half puff-paste, 278
Halibut au gratin, 412
baked fillets of, 49
planked, 48
Ham and eggs, 77
baked, 77
boiled, 76, 376
broiled, 77
canapés, 25
forcemeat, 93
frizzled, 77
patties, 162
stewed, 77
Hamburg steak, 68

Hard sauce, 218
Haricot of mutton, 74
Hash, 131, 132
  baked, 131, 376
  corned beef, 132
  creamed, 132
Health pie, 284
Hints on serving, 17
Hoarhound candy, 307
Hollandaise sauce, 101
Home lunches, 449
Hominy, 297, 365
  pudding, 184
Horseradish sauce, 102
Hot cakes, 246–249
  chocolate sauce, 217
  cross buns, 237
Huckleberry pudding, 197
Hungarian goulash, 67
Hundred calorie portions, 433, 434

I

Ice creams and ices, 203
Icing, 272
Imperial sticks, 42
India curry, 70
Indian gruel, 354
  baked pudding, 196
  boiled pudding, 197
Informal dinner, 18
Introductions, 13
Invalid cookery, 353
  albumenized water, 356
  arrowroot, 355
  arrowroot water, 355
  beef pats, 360
  beef tea, 353
  calf's foot jelly, 358
  chicken panada, 360
  cracker gruel, 354
  cream toast, 357
  custard, 358
  egg gruel, 354
  egg milk-shake, 357
  flaxseed tea, 355
  French panada, 356
  Indian gruel, 354
  koumiss, 359
  lamb broth, 353
  lemon foam, 358
  lemon whey, 358
  milk toast I, 356
  milk toast II, 357
Invalid cookery, oatmeal gruel I, 353
  oatmeal gruel II, 354
  oysters on toast, 360
  panada, 356
  potatoes on the half-shell, 359
  rice water, 356
  sago gruel, 354
  soaked crackers, 357
  squabs or any small birds, 360
  stewed figs, 359
  sunshine orange, 357
  tapioca, 359
  toast water, 355
  whipped apple sauce, 358
Invitations, 12
Irish stew, 75, 375

J

Japan sandwiches, 290
Jellies, 334–336
Jelly, coffee, 187
  apple, 335
  blackberry, 336
  currant, 336
  green-grape, 336
  lemon, 187
  mint, 335
  plum, 336
  quince, 335
  raspberry and currant, 336
  raspberry, 336
  ripe-grape, 336
  roll, 256
  sauce, 104
  strawberry, 336
  whipped, 187
Jelly making, 334
Jiffy pudding, 200
Joyful pudding, 189
Julienne soup, 38
Jumbles, 270
Junket, cocoanut, 183

K

Kale, 140
Karo candy, 307
Kedgaree, 115
Kidneys, 79
Kisses, 272
  walnut, 308
Kneading, 221
Kohl-rabi, 143
Koumiss, 359

L

Lady cabbage, 138
cake, 261
Lake trout, baked, 371
Layer cake, 259
Lamb, boiled leg of, 376
boiling, 60
broiling, 59
broth, 353
chops, roasted, 376
curry of, 132
cuts of, 74
en casserole, 410
fricasseeing, 61, 376
frying, 60
roasting, 59, 376
Leeks, 141
Left-overs, 131–134
baked hash, 131
blanquette of chicken, 134
corned-beef hash, 132
creamed hash, 132
curry of beef, 131
curry of lamb, 132
cusk à la crème, 134
farmers' cabbage, 133
fish croquettes, 134
fish cutlets, 134
mock venison, 132
potted meat, 133
scalloped beef, 132
scalloped fish, 134
serving left-overs, 131
stew from cold meat, 133
veal cakes, 133
Left-over cereals, to use, 298
Lemon butter, 314
cake, 259
candied peel, 306
cream pie, 281
filling, 274
foam, 358
ice, 207
ice cream, 207
jelly, 187
meringue pie, 280
pie, 393
sauce, 217
sherbet, 209
whey, 358
Lemonade, 348
Lentil soup, 370
Lentils à la Creole, 122
baked, 122
Lettuce and cream-cheese sandwiches, 289
and walnut sandwiches, 289
boiled, 140
cream of, 34
salad, 170
Lima beans, 142, 382
purée, 382
Liver, 71–73
and bacon, 72
braised, 72
broiled, 72
stewed, 73
stuffed calf's, 73
Lobster, 53
à la crème, 402
cocktail, 23
deviled, 402
salad, 170
stew, 402
to clean, 53
Lunch rolls, 239
Luncheons, 11, 16
Lunches,
basket, 447
home, 447
picnic, 287
school, 445

M

Macaroni, baked, 125, 385
boiled, 155
in ramekins, 411
milanaise, 405
rarebit, 399
with cheese, 125, 386
with tomatoes, 386
Macaroons, 268
cocoanut, 268
nut, 268
Maitre d'hotel butter, 101
Maple mousse, 112
sugar frosting, 273
Marble cake, 262
Marine salad, 175
Marketing, 8
Marmalades, 331
grape-fruit, 331
orange, 332
Marshmallow cake, 261
filling, 274

Marshmallows, 306
Mayonnaise dressing, 167
colored, 168
mock, 168
white, 168
Meals, menus for a week's, 414, 432
Meat croquettes, 164
filling for sandwiches, 287
patties, 162
pot-pie, 78
sandwiches, 287
Meat substitutes, 119–128
almonds with eggs, 128
baked beans, 123
baked crackers with cheese, 125
baked lentils, 122
baked macaroni with cheese, 125
baked rice, 126
beans, Mexican, 124
Boston roast, 124
cheese rolls, 126
cheese soufflé, 126
corn and cheese soufflé, 125
cottage cheese, 124
dinners without meat, 120
dried beans sauté, 123
dried peas, beans, lentils, 121
English rice, 126
foods served in place of meat, 119
lentils à la Creole, 122
migas, 125
nut and cheese relish, 177
nut and fruit cheese, 127
nut roast, 127
nut soufflé, 128
peanut butter, 127
pimiento roast, 124
purée of dried beans, 123
vegetable meat pie, 128
Meats, 57, 372
methods of cooking, 59–61
purchasing, 57
various cuts, 58, 71, 74, 76
in fireless, 372
Menu and table, 15
for full course dinner, 15, 16
Menu making, combinations for, 80
Menus, 15, 16
for dinners without meat, 120
for a week, 414, 432, 452
Meringues, 271
glacées, 205
Mexican beef, 66
Mexican caramels, 305
rarebit, 399
Migas, 125
Milk bread, 224
toast, 356
Milk-shake, egg, 357
Mince-meat, 283
Mint jelly, 335
sauce, 100
Mixed fruit cocktail, 24
pickle dressing, 339
pickles, 339
Mixing, cake, 253
Mocha Torte, 264
Mock charlotte, 183
crab sandwiches, 290
cream, 218
duck, 65
Mayonnaise, 168
pound cake, 260
rabbit, 65
turtle, 35
venison, 132
Molasses cake, 263
candy, 302, 303
Mollette, 249
Moravian cake, 235
Mt. Clements rarebit, 399
Mountain-dew pudding, 186
Mousse, 211
Muffins, 240, 243
corn, 242
egg, 243
English, 240
Graham, 240
oatmeal, 241
rice, 242
Sally Lunn, 241
wheat, 241
Mullagatawny, 37
Mush, 296
barley, 365
cornmeal, 296
fried, 296
graham, 365
Mushroom catsup, 341
sauce, 103
Mushrooms à la poulette, 150
baked, 150
broiled, 149
stewed, 149
with bacon, 405
Mutton, boiling, 60

Mutton, braising, 61
broiling, 59
chops with peas, 75
cuts of, 74
haricot of, 74
Irish stew, 75, 375
leg of, 376
mock venison, 132
pot-pie, 78
purchasing, 73
ragout of, 75
roasting, 59
shoulder, boiled, 74
shoulder, stuffed, 73
soup, 36

N

Nasturtium salad, 172
Nasturtium seeds, pickled, 341
Newmarket pudding, 194
Noodle soup, 39
Normandy salad, 175
Nougat, 302
Novel tomato salad, 171
Nut and cheese relish, 177
and fruit cheese, 127
and raisin sandwiches, 288
bread, 228
butter, 127
cake, 389
macaroons, 268
roast, 127
sandwiches, 288
soufflé, 128
Nuts glacé, 305

O

Oat cakes, 266
cookies, 267
Oatmeal, 295, 366
bread, 226
griddle cakes, 246
gruel, 353, 354
muffins, 241
porridge, 295
with baked apple, 296
with cheese, 296
October salad, 176
Okra, 147
Olive sandwiches, 288
Omelet, baked, 113
cheese, 113
codfish, 113
corn, 112
Omelet, crumb, 112
ham, 111
oyster, 113
plain, 110
rice, 111
savory, 111
sweet, 112
tomato, 112
One-egg cake, 260
waffles, 245
Onions, boiled, 144, 382
fried, 145
scalloped, 145
stewed, 144
Open-kettle method, 323
Orange cake, 257
filling, 274
gingerbread, 270
ice, 207
marmalade, 332
paste, 306
pekoe sherbet, 210
pudding, 184
sauce, 105
sherbet, 209
Ornamental frosting, 272
Oven scones, 237
Overweight, causes of, 437
Ox eyes, 114
Ox-tail soup, 36
Oyster bouillon, 31
cocktail, 23
fritters, 159
pan-roast, 401
pie, 51
sauce, 103
soup, 31
stew, 52
Oysters, broiled, 53
brown fricassee of, 411
creamed, 52
creamed with celery, 401
fried, 51
on toast, 360
panned, 53, 401
roasted, 401
scalloped, 52, 411
shirred, 52

P

Panada, 356
chicken, 360
French, 356

Parfait, 211
Parker-House rolls, 239
Parsnips, 143, 382
Partridges, 89
Pastry and pies, 277
Pastry tube, to use, 272
Patriotic cake (1776 recipe), 264
Patties, 162, 163
  chicken, 162
  ham, 162
  meat, 162
Patty shells, 163
Pea, cream of, 33
Peach butter, 334
  cobbler, 198
  cocktail, 25
  crusts, 279
  ice cream, 207
  patties, 195
  pie, 283
  pudding, 193
  tart, 283
Peaches, baked, 312
  canned, 327
  dried, 390
  stewed, 312
Peanut brittle, 303
  butter, 127
  cakes, 271
  salad, 176
Pea-pod soup, 33
Peas, green, 142, 382
  dried, 121
  sugar, 142
Pears, baked, 312
  canned, 325, 328
  dried, 391
  spiced, 333
Peggy cake, 257
Pepper and cream cheese salad, 172
  pot, 37
Peppermints, cream, 305
Peppernuts, 267
Peppers, pickled, 340
  stuffed, 384
Perfect cream wafers, 243
Pettijohn's breakfast food, 366
Pheasants, 89
Pickle for corning beef, 64
Pickled beets, 144
  cherries, 333
  cucumbers, 341
  peppers, 340
Pickled tomatoes, 340
Pickles and catsup, 339
  Chili sauce, 340
  grape catsup, 341
  green tomato sauce, 339
  mixed pickle, 339
  mixed-pickle dressing, 339
  mushroom catsup, 341
  pickled cucumbers, 341
  pickled nasturtium seeds, 341
  pickled peppers, 340
  pickled tomatoes, 340
  tomato catsup, 340
Picnic lunches, 287
Pie crust, 277–279
Pies, 280–284
  apple pie, 282, 393
  baking, 277
  Bethlehem apple tart, 282
  cheese cake, 282
  cherry pie, 282, 393
  cocoanut custard, 282
  cranberry tart, 281
  custard pie, 281, 393
  health pie, 284
  lemon cream pie, 281
  lemon meringue pie, 280, 393
  mince meat, 283
  peach pie, 283
  peach tart, 283
  pigeon pie, 87
  pumpkin pie, 280, 393
  raisin pie, 281
  rhubarb pie, 280
  squash (pumpkin), 280
  vegetable meat, 128
  Washington pie, 283
Pigeon pie, 87
Pigs' feet in jelly, 78
Pigs in blankets, 401
Pimiento bisque, 40
  roast, 124
Pineapple and banana cocktail, 24
  canned, 328
  ice, 208
  ice cream, 207
  mousse, 212
Pinoche, 303
Piquante sauce, 100
Plain cake, 258
  frosting, 272
  paste, 279
Planked chops, 75

Planked lobster, 54
Salisbury steak, 64
shad, 48
steak with oysters, 64
Plums, canned, 327
Plum jelly, 336
Poached eggs, 109
Pop-corn balls, 305
Pop-overs, 244
Porridge, 295
Pork chops, 76
cuts of, 76
roast, 76, 377
salt, in milk, 78
tenderloin, 377
Pot pie, 78
roast, 62
Potato balls, 152
cakes, 152
cream of, 32
croquettes, 152
flour cake, 256
puff, 154
salad, 172
soup, 369
Potatoes au gratin, 153
baked, 151, 383
baked sweet, 385
boiled, 150
browned, 153
candied sweet, 154
creamed, 152, 383
French fried, 151
fried sweet, 154
hashed brown, 154
lyonnaise, 153
mashed, 151, 383
new in cream, 152
on the half-shell, 359
scalloped, 153, 383
steamed, 151, 383
stuffed, 151
Potted meat, 133
Poultry and game, 83
marketing, 83
to dress, 83
to stuff, 84
to truss, 84
Pound cake, 257
Pralines, 304
Preserved cherries, 330
pineapple, 331
plums and green gages, 330
Preserved strawberries, 330
strawberries and pineapple, 37
yellow tomatoes, 332
Preserving and canning, 317–336
Preserving fruit, 317
Principles of cookery, 3
Prune whip, 189
Prunes, 391
Puddings and desserts, 181
almond cream, 185
apple meringue, 191
apple pudding, 196
apple snow, 186
apple tapioca, 190
baked flour pudding, 193
baked Indian pudding I, 196
baked Indian pudding II, 196
Bavarian cream, 188
berry charlotte, 191
berry pudding, 197
blanc mange, 184
boiled custard, 181
boiled Indian pudding, 197
bread-and-butter pudding, 192
bread pudding, 192, 391
bridge-whist pudding, 188
brown Betty, 193
brown-bread pudding, 195
canned-peach pudding, 195
caramel custard, 186
charlotte russe, 189
cherry pudding, 392
cherry tapioca, 191
chocolate charlotte, 190
chocolate éclairs, 199
chocolate pudding, 183
cocoanut cornstarch, 183
cocoanut junket, 183
cocoanut tapioca, 185
coffee jelly, 187
cornstarch pudding, 182
cottage pudding, 192, 391
cream puffs, 199
cream for puffs, 199
cup custards, 186
date sponge, 198
delicate pudding, 190
English plum pudding, 194
fig dessert, 191
fig pudding, 391
hominy pudding, 184
huckleberry pudding, 197
in fireless, 391

Puddings and desserts, jiffy pudding, 200
joyful pudding, 189
lemon jelly, 187
mock charlotte, 183
mountain-dew pudding, 186
Newmarket pudding, 194
orange pudding, 184
peach cobbler, 198
peach patties, 195
peach pudding, 193
prune whip, 189
queen of puddings, 193
raisin puff, 194
realengo, 190
rice blanc mange, 184
rice meringue I, 182
rice meringue II, 182
rice pudding, 181
savarin, 198
Spanish cream, 188
sponge-cake pudding, 196
steamed fruit pudding, 197
strawberry trifle I, 187
strawberry trifle II, 187
suet pudding I, 195
suet pudding II, 195
tapioca custard, 185, 392
walnut and date dainty, 199
whipped jelly, 187
whips, 189
Puff-paste, 277
Pulled bread, 42
Pumpkin pie, 280, 393
Punch, 346, 349
fruit, 349
five o'clock, 350
frozen, 209, 210
tea, 346
Purchasing beef, 62
Purée of dried beans, 123
Purpose of cooking, 5

Q

Quail, 404
Queen of puddings, 193
Quenelles, 93
Quince jelly, 335
Quinces, baked, 312
canned, 328
stewed, 312

R

Rabbit, 88
curried, 164
mock, 65
panned, 88
Raisin bread, 229
compote, 332
pie, 281
puff, 194
Ralston's breakfast food, 366
Rarebit, 114, 398
Raspberries and currants, 326
canned, 325
stewed, 313
Raspberry and currant jelly, 336
cocktail, 24
jelly, 336
sauce, 219
vinegar, 349
Rations, balanced, 417
Realengo, 190
Recipe proportions, table of, 250
Reheating vegetables, 156
Relish, nut and cheese, 177
Rhubarb pie, 280
stewed, 313
Ribbon sandwiches, 289
Rice and figs, 366
baked, 126
blanc mange, 184
boiled, 297, 366
bread, 225
cakes, 248
English, 126
in milk, 297
in ramekins, 411
meringue, 182
muffins, 242
pudding, 181
water, 356
Rinktum ditty, 398
Ripe-grape jelly, 336
Rissoles, 160
Rhubarb, stewed, 313
Roasting, 59
Rock cakes, almond, 267
Rolled dumplings, 249
steak, 65
wheat, 366
Rolls, dinner, 239
lunch, 239
Parker House, 239
tea, 238

Roman gnocchi, 160
Round steak on biscuits, 373
Rusk, 235
Russian tea, 346
Rye bread, 227

S

Sago gruel, 354
Salad dressing, cooked, 168
  dressing, cream, 168
  dressing, French, 169
  dressing, in large quantity, 169
  dressing, Mayonnaise, 167, 168
Salads, 167
  banana dainty, 177
  banana salad, 176
  beet salad, 173
  cauliflower salad, 174
  chicken salad, 169
  cold slaw, 173
  cold-slaw dressing, 173
  colored Mayonnaise, 168
  combination salad, 171
  cooked dressing (mock Mayonnaise), 168
  cream dressing, 168
  cucumber salad, 173
  deviled eggs, 171
  egg salad, 172
  French dressing, 169
  fruit and nut salad, 175
  fruit pyramids, 176
  fruit salad, 175
  grape-fruit and pineapple, 177
  grape-fruit salad, 177
  lettuce salad, 170
  lobster salad, 170
  making salads, 167
  marine salad, 175
  Mayonnaise dressing, 167
  nasturtium salad, 172
  Normandy salad, 175
  novel tomato salad, 171
  October salad, 176
  peanut salad, 176
  pepper and cream cheese salad, 172
  potato salad I, 172
  potato salad II, 172
  salad dressing in large quantity, 169
  sardine salad, 170
  shrimp salad, 170
  salmagundi salad, 174
  salmon salad, 170
Salads, tomato jelly, 171
  tomato surprises, 169
  tulip salad, 177
  walnut salad, 176
  water-lily salad, 174
  watermelon salad, 175
  white Mayonnaise, 175
  winter salad, 174
Sally Lunn, 241
Salmagundi salad, 174
Salmi of game, 164
Salmon au gratin, 412
  boiled, 372
  creamed, 50
  salad, 170
  scalloped, 371
  surprise, 50
Salsify, 143
Salt fish dinner, 49
  pork in milk, 78
  rising bread, 225
Salted almonds, 292, 406
  peanuts, 292
Sand tarts, 271
Sandwiches, 287
  anchovy, 288
  Bohemian, 287
  caviar, 290
  cheese filling for, 291
  club, 291
  combination, 291
  date and fig, 288
  egg, 289
  egg and olive I, 290
  egg and olive II, 290
  fig, 288
  fruit, 288
  Japan, 290
  lettuce and cream-cheese, 289
  lettuce and walnut, 289
  meat, 287
  meat filling for, 287
  mock crab, 290
  nut, 288
  nut and raisin, 288
  olive, 288
  ribbon, 289
  sardine, 290
  surprise, 289
  sweet, 289
Sardine salad, 170
  sandwiches, 290
  savory, 403

Sardines, creamed, 404
Sauces, 99
anchovy, 102
apple, 105
béchamel, 104
bread, 100
brown, 99
browning for, 106
caper, 103
celery, 104
cranberry, 104
cream, 100
cream, with mushrooms, 100
cream of tomato, 102
curry, 101
drawn butter, 101
egg, 100
giblet, 99
Hollandaise, 101
horseradish, 102
jelly, 104
maître d'hôtel butter, 101
mint, 100
mushroom, 103
orange, 105
oyster, 103
piquante, 100
suprême, 103
stewed cranberries, 104
sweet, 215
Tartare, 101
tomato, 102
white, 102
Sauces to serve with meats, fish, etc., 105
Sauer kraut, 384
Sautéing, 61
Savarin, 198
Savories, 287, 292
Scallops, fried, 50
Scones, 237, 238
School lunches, 445
School lunch room bills of fare, 448
Scotch oat cake, 244
short bread, 230
Serving, hints on, 17
Shad, baked, 48
planked, 48
roe, 48
Shellbark cake, 258
Sherbets, 209
Shin meat en casserole, 412
Short cake, fancy, 284
Short cake, plain, 284
strawberry, 200
Shrimp à la crême, 403
salad, 170
wiggle, 397
Silver cake, 258
Smelts, fried, 49
Snippy-doodle, 263
Soufflé, cheese, 126
corn and cheese, 125
nut, 128
Soups, in fireless, 367
Soups, to serve with, 41
croutons, 41
imperial sticks, 42
pulled bread, 42
Soups, 29, 367
barley, 38
bean, 368
beef, 35
beef bouillon, 30
black-bean, 39
bouillon, 370
cheese, 36
chicken broth, 30
chicken gumbo, 37
chicken soup, 368
chile bisque, 32
clam, 32
clam chowder, 41
clam bouillon, 31
corn chowder, 41
corn soup, 368
consommé, 30
cream of potato, 32
cream of tomato, 33
cream of pea, 33
cream stock, 30
cream of celery, 33, 369
cream of asparagus, 33
cream of corn I, 34
cream of corn II, 34
cream of pea, 370
cream of spinach, 34
cream of lettuce, 34
economical, 38
gumbo, 35
Julienne, 38
lentil, 370
meat stock, 29
mock turtle, 35
mullagatawny, 37
mutton, 36

Soups, noodle, 39
ox-tail, 36
oyster bouillon, 31
oyster I, 31
oyster II, 32
peapod, 33
pepper pot, 37
pimiento bisque, 40
potato, 369
stock, 29, 30, 367
tomato, 39, 368
turkey-bone, 36
turtle, 369
vegetable stock, 29
vegetable I, 40, 369
vegetable II, 40
vermicelli, 38
Sour beef, 68
cream biscuit, 243
milk biscuit, 244
milk cake, 389
Spanish beefsteak, 66
bun, 265
cream, 188
Spiced currants, 332
pears, 333
Spinach, 140, 384
cream of, 34
Sponge cake, 255, 256, 388
cake pudding, 196
ginger cake, 263
Squabs or any small birds, 360
Squash, 148, 384
baked, 148
pie, 280
steamed, 148
Steamed fruit pudding, 197
Stew from cold meat, 133
Irish, 75
Stewing meat, 61
Stock for soup, 29, 30, 367
cream stock, 30
meat, 29
scramble, 400
vegetable, 29
Strawberries and pineapple, 330
preserved, 330
Strawberries in the sun, 330
Strawberry cocktail, 24
ice cream, 207
jelly, 336
short cake, 200
trifle, 187
String beans, 384
Stuffing, bread, 95
for baked fish, 94
oyster, 94
potato, 95
Substitutes for meat, 119–128
Succotash, 149
Suetine, 95
Suet pudding, 195
Sunshine orange, 357
Suprême sauce, 103
Surprise cake, 262
sandwiches, 289
Sweet French buns, 236
Sweet sandwiches, 289
Sweet sauces, 215
brown-sugar sauce, 216
caramel sauce I, 215
caramel sauce II, 215
cherry sauce for ices, 212
chocolate sauce, 218
cream sauce, 215
custard sauce, 215
egg sauce, 216
foamy sauce, 217
fruit sauce, 216
hard sauce I, 218
hard sauce II, 218
hot chocolate sauce I, 217
hot chocolate sauce II, 217
lemon sauce, 217
mock cream, 218
raspberry sauce, 217
table syrup, 249
vanilla sauce, 217
whipped cream, 216
Sweetbreads, broiled, 79
in fireless, 377
stewed, 79
Syrup, chocolate, 347
table, 249
Syrups, fruit, in canning, 321

T

Table syrup, 249
Tables of height, weight, age,
for men and women, 441, 442
for boys and girls, 450, 451
Table of energy needs, 425
calorie portions, 433, 434
food nutrients, 4
recipe proportions, 250

Tapioca, 359
and apples, 392
custard, 185, 392
Tart, Bethlehem, 282
cranberry, 281
French, 280
peach, 283
sand, 271
torto frutas, 279
Tartlets, 279
Tartare sauce, 101
Tea, 346
beef, 353
biscuits, 238, 387
iced, 347
punch, 346
Russian, 346
rolls, 238
Tea ring, currant, 233
Terrapin, 53, 400
Three-egg waffles, 246
Timbale of macaroni, 161
cases, 161
rice, 161
Time tables for blanching and sterilizing, 323
Toast, cinnamon, 291
cream, 357
egg, 291
milk, 356
water, 355
Tomato catsup, 340
cream of, 33
curry, 405
jelly, 171
salad (combination), 171
salad (novel), 171
sauce, 102
scramble, 464
soup, 39, 418
surprise, 169
Tomatoes, boiled, 385
fried, 146
scalloped, 145
stewed, 145, 385
stuffed, 145
Tongue, boiled, 69, 377
smoked, boiled, 70
Torto frutas, 279
Tripe, 79
Tulip salad, 177
Turbot, 372
Turkey, roast, 87
Turkey, bone soup, 36
Turkish pilaf, 146
Turnips, boiled, 142, 385
Turtle soup, 369
Tutti-frutti, 334
ice cream, 206

V

Vanilla ice cream, 204
sauce, 217
Veal and rice, 378
cakes, 133
calf's head, 70
croquettes, 377
curry of, 70, 377
cuts of, 71
forcemeat, 94
India curry, 70
liver, 71
loaf, 70, 378
pot-pie, 78
roast, 378
rolls, 428
with asparagus tips, 404
with rice, 378
Vegetable fritters, 159
hash, 155
meat pie, 128
soup, 40, 369
stock, 29
Vegetables, 137–156
in fireless, 379
reheating, 156
Venison, haunch of, roasted, 89
mock, 132
neck and shoulder, 89
steak, 90
Vermicelli soup, 38
Vinegar, celery, 178
mint, 178
tarragon, 178
raspberry, 349
Vitamins, 420
Vol-au-vent, 163

W

Wafers, chocolate, 269
Graham, 243
perfect cream, 243
Waffles, one egg, 245
three egg, 246
with yeast, 245

Walnut and date dainty, 199
bread, 228
kisses, 308
salad, 176
Washington pie, 283
Water-lily salad, 174
Watermelon salad, 175
Weight-control, diet for, 437
Weight, how to add, 439
how to reduce, 437
tables, 441, 450, 451
Welsh rarebit, 114, 126, 398
Wheat cereals, 296
griddle cakes, 246
muffins, 241
Whey, lemon, 358
Whipped apple sauce, 358
Whipped cream, 216
Whipped jelly, 187
Whips, 187
White bread in bread-mixer, 224
bread, over night, 223
bread, quick method, 223
bread, sponge method, 223
cup cake, 261
fish, boiled, 371
Mayonnaise, 168
sauce, 102
soup stock, 367
Winter salad, 174

Y

Yeast, 222
Yorkshire pudding, 62

Z

Zwieback, 245

WEIGHTS AND MEASURES

2 gills = 1 cup
2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon
16 ounces = 1 pound
8 quarts = 1 peck
4 pecks = 1 bushel

EQUIVALENT MEASURES

4 level saltspoons = 1 level teaspoon
3 level teaspoons = 1 level tablespoon
16 level tablespoons = 1 cup
1 wineglass = ½ gill
2 cups granulated sugar = 1 pound
2 solid cups butter = 1 pound
4 cups flour = 1 pound
1 cup raisins or currants = 6 ounces

GOOD TO REMEMBER

One teaspoon or tablespoon means a level teaspoon or tablespoon.

A tin, aluminum or glass measuring cup should be used for all measuring. These cups are marked off in quarters and thirds and insure accuracy.

Aluminum cooking utensils are the best for general use. They are expensive in the beginning, but outwear other kinds. They are light in weight and easily cleaned, and there is no enamel to chip off and poison the food.

Discolored pans and kettles, not aluminum, should be boiled in water to which a lump of washing soda has been added.

Scrupulous cleanliness and eternal vigilance are the essentials of all good cooking.

If the oven becomes too hot while bread or cake is baking, it may be cooled by setting a pan of water in it.

If bread or cake browns too quickly, cover with a piece of paper.

Pies should always be baked in a quick oven, with the greatest heat at the bottom.

Cakes will seldom stick if this direction is followed: Grease the pans carefully; dust lightly with flour; shake out the superfluous flour and pour in the mixture.

Muffins and gems will be lighter if baked in pans that have been thoroughly heated as well as greased.

Biscuit dough should be as soft as possible. Biscuits will be lighter and crisper if not allowed to touch each other on the baking tin.

Meat should never be put in cold water except in making soup, for cold water draws out the juices. Wipe with a wet cloth, or rinse and dry at once, and in cooking use boiling water.

Tomatoes that are too strongly acid are improved by a pinch of baking soda. The soda should always be added when they are to be mixed with milk or cream, to prevent curdling.

The white of eggs will whip more readily if a pinch of salt is added. The eggs should be as cold as possible.

Cream that is too thin to whip may be made to do so by the addition of an unbeaten white of egg.

When dipping articles in egg and cracker, dilute the egg with a tablespoon of water. Only the white may be used, if desired, but never only the yolk, as it is the albumen which is needed to form a coat which the grease cannot penetrate.

Almost any dish is made more inviting by a little garnishing. Parsley, watercress, slices of lemon, beet, onion, hard-boiled egg or maraschino cherry, small triangles of toast, potato balls, mashed potatoes pressed through a pastry tube—all these are useful and within reach of almost every cook. Paper doilies, paper cups, and paper frills for chops may also be used to good advantage: these may be bought at any stationer's.

Protected Under
UNITED STATES PATENT RIGHTS OF
AUGUST 27, 1918

June 4, 1907

DOMINION OF CANADA PATENT RIGHTS OF
JUNE 24, 1919